THE COOKING SCHOOL ISSUE

FOOD & WINE

MARCH 2015



A MASTER SOMMELIER'S 60-SECOND WINE CLASS
p. 78

186 RECIPES LESSONS & TIPS

SMARTER WAYS TO MAKE

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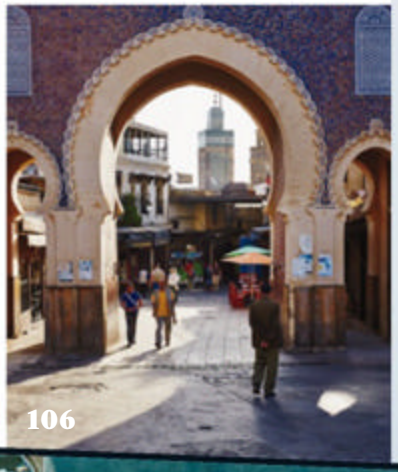
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THE COOKING SCHOOL ISSUE

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On the cover: Courtney Contos's Tacos al Pastor (p. 91) from "Cooking School Confidential."
Photograph by Con Poulos; food styling by Simon Andrews; prop stylist: Carla Gonzalez-Hart

CLOCKWISE FROM TOP LEFT: JOHN KERNICK; CHRISTINA HOLMES (2); CON POULOS; JENNIFER CAUSEY; CON POULOS

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APRIL BLOOMFIELD'S IRISH LAMB AND TURNIP SOUP

with

Earthy, spicy Côtes du Rhône: 2012 Domaine la Garrigue Cuvée Romaine (p. 56).

CHRISTINA HOLMES

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HANG TEN. HANG LOOSE. HANG OUT.

A SCENIC DRIVE FROM WAIKĪKĪ BEACH TO O'AHU'S NORTH SHORE AND PLACES IN-BETWEEN.

For generations, Waikīkī Beach on O'ahu has showcased the iconic Hawai'i. Who can resist a hike up Lē'ahi (Diamond Head), sun-drenched surf lessons or a sunset on the world's most famous beach? But for those who love the urban-ocean mix of O'ahu, Waikīkī is just the beginning.

Nearby, Kapahulu is fun, with funky shops and unique eateries. From there, head to Nu'uanu Pali Lookout for a view of Windward O'ahu and the good things to come. The coastline leads you to O'ahu's fabled North Shore and the surf town of Hale'iwa, where summer waves are mild, but winter is reserved for the pros.

Beyond surf and sea, you'll discover historic places with their own stories to tell: Bishop Museum, 'Iolani Palace, Pearl Harbor. And wherever your travels lead you, take a few moments to savor the local flavors, from exotic fruits in Chinatown to farm-fresh menus.

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We were having some laughs over these delicious craft beers, and I thought to myself: *remember this.*

Remember polishing off those amazing truffle fries in no time. Discovering that our favorite view of Santorini was from the privacy of our stateroom. Toasting the sun on another job well done. And realizing that the middle of the ocean is the ideal place for a stroll around the park.

In the end, I don't remember a single thing from our Celebrity cruise—I remember *everything*.

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EVER SINCE I BECAME EDITOR of *Food & Wine*, I've wanted to go to cooking school. But I've been too embarrassed. In taking a class, I'd surely expose my lack of technical skills. Then, last year, I came clean and decided to ask my chef friends for private lessons–an experience I wrote about in a book, *Mastering My Mistakes in the Kitchen*. Talking to people about the book project, I was excited to discover that so many F&W readers also want to improve their cooking, whether they are neophytes or wannabe Thomas Kellers. This thirst for knowledge has resulted in a lot of amazing new culinary programs, from the Hot Stove Society in Seattle (p. 86) to The Courtyard Kitchen at Dar Namir in Fez, Morocco (p. 106). As British cooking teacher Tara Stevens discovered in Fez, a passion for food can open the whole world to you. We honor wonderful teachers like Tara and share their best recipes and lessons throughout this issue.



Dana Cowin

Teachable Moment

One of America's greatest teachers, Emeril Lagasse, is celebrating the 25th anniversary of his eponymous New Orleans restaurant. Here, to commemorate it, a fantastic recipe of his that looks ahead to spring.

Seared Sea Scallops with Ricotta and Spring Pea Mash and Chive Oil

Total **1 hr;** Serves **4**

CHIVE OIL

- **2 cups chopped chives (4 oz.)**
- **½ cup canola oil**
- **Kosher salt**

RICOTTA AND SPRING PEA MASH

- **1½ cups baby peas**
- **3 Tbsp. extra-virgin olive oil**
- **3 Tbsp. finely chopped fresh mint**
- **2 Tbsp. freshly grated Parmigiano-Reggiano cheese**
- **1 Tbsp. finely chopped basil**
- **1 Tbsp. minced shallot**
- **1 Tbsp. fresh lemon juice**
- **1 tsp. minced garlic**
- **1 cup fresh ricotta cheese**
- **Kosher salt and pepper**

SCALLOPS

- **¼ cup extra-virgin olive oil**
- **12 extra-large sea scallops (about 2 lbs.)**
- **Kosher salt and pepper**
- **Lemon wedges, for serving**

1. Make the chive oil Fill a medium bowl with ice water. In a medium saucepan of boiling water, blanch the chives for 10 seconds. Drain, then transfer to the ice bath to cool. Drain well. Squeeze out as much water from the chives as possible and pat dry.

2. In a blender, puree the chives with the canola oil until smooth. Strain the chive oil through a fine sieve into a bowl, pressing on the solids. Season the chive oil with salt.

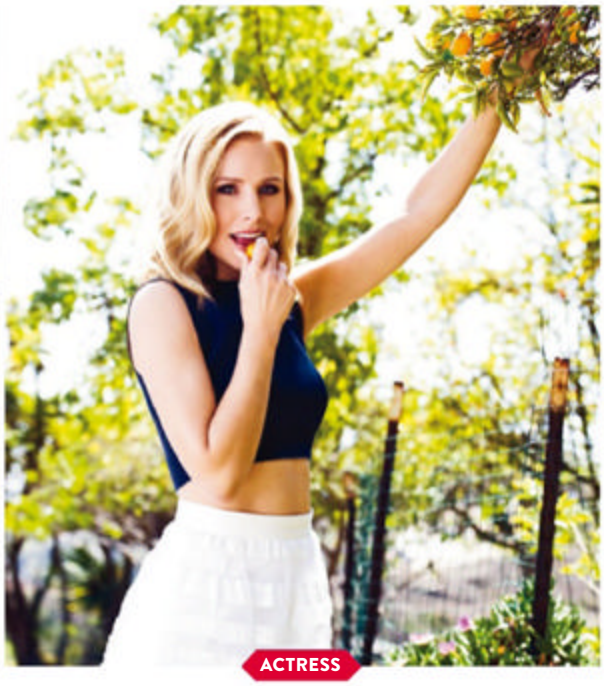
3. Make the mash In a medium saucepan of salted boiling water, cook the peas just until tender, 2 to 3 minutes; drain well and pat dry. Using a fork, mash the peas until chunky. Stir in the olive oil, mint, Parmigiano, basil, shallot, lemon juice and garlic. Fold in the ricotta and season with salt and pepper.

4. Cook the scallops In a large nonstick skillet, heat 2 tablespoons of the olive oil. Season the scallops with salt and pepper, add 6 to the skillet and cook over moderate heat, turning once, until golden and just opaque throughout, about 5 minutes per side. Transfer to a large plate. Wipe out the skillet and repeat with the remaining olive oil and scallops.

5. Spoon the mash onto plates and arrange the scallops around it. Drizzle with the chive oil and serve with lemon wedges.

JOHN KERNICK







ACTRESS

House of Lies star **Kristen Bell** eats lots of salads at home, but on road trips, she loves a hillbilly cookout.

AGGRESSIVE DINNER HOSTING

Cooking is my love language. Sometimes it's forceful–like, "I am going to make a meal for you!"

GUESSING HER WAY TO PERFECT CHICKEN

I don't get consistent rave reviews on anything I cook other than my chicken, and I don't eat it, so it's very ironic. But I buy chicken breasts for Dax [Shepard, her actor husband], and I do it ethically. Mary's Free Range is pretty much a massage parlor for birds–they might actually get pedicures.

NUTELLA CRAVINGS

I've given up sugar, but when I was pregnant I definitely cheated. Because I'm a scientist in my own mind, I decided that if I added Grape-Nuts to my Nutella, the fiber balanced out the sugar.

INCENDIARY PIZZA

The place we like in L.A. is called Lucifers. You can order a pie that's so spicy, you'll feel it for 48 hours.

GIVING UP SUGAR

The way we consume sugar is obviously responsible for many of America's health afflictions. Not everyone has the option to give it up. I'm from Detroit–they don't have juice bars.

"GARBAGE DISPOSAL" SALAD

I'm a fan of mixing raw with cooked, crunchy with soft. I'm not into segregating ingredients. They're all going to the same place!

CAMPER COOKING

We recently went to the Glamis Sand Dunes outside of San Diego because Dax does a lot of off-roading. We rented a motor home and cooked over a bonfire. It was a hillbilly extravaganza.

COLLECTING HOT SAUCE

The hottest one I have is called Akabanga. It's made with a yellow chile from Rwanda, and it comes with an eyedropper. I use gloves to handle it so I don't end up in the hospital.

–INTERVIEW BY M. ELIZABETH SHELDON

CARAVAN: TOM J. STORY; BELL: JUSTIN CAMPBELL; SALAD: ANSON SMART



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10 Objects of Our Obsession

1. PORK PRAISE
Like a lot of chefs, Kevin Gillespie's favorite protein is pork. His new book helps me tackle everything from barbacoa to banh mi. *$30.* —Kate Heddings

2. U.S. ABSINTHE
If you're a licorice obsessive like me, you'll love the deep flavor of this Kentucky-made absinthe. *$55; copperandkings.com.* —Tina Ujlaki

3. TINY COOKIES
Microchip cookies are basically a single chocolate chip encased in dough. They're cute, crispy and super-chocolaty. *From $14 for 4 oz.; jkchocolate.com.* —Christine Quinlan

4. SOUTHERN SALT
Bulls Bay salt from South Carolina has large, delicate flakes that melt when I sprinkle them on warm vegetables, but keep a nice little crunch. *$15 for 4 oz.; bullsbaysaltworks.com.* —M. Elizabeth Sheldon

5. BENDABLE LADLE
Le Creuset's spoon has a flexible edge that bends to get every last bit out of my pot. *$24; lecreuset.com.* —CQ

6. ARTISANAL ICED TEA
Tracy Stern Tea & Co. specializes in blends for iced tea. The oolong lychee is so complex and delicious that I'll brew it even on a cold, wet day in March. *$20 for 3 oz.; amazon.com.* —KH

7. GARLICKY HOT SAUCE
Filfil's No. 7 sauce is incredibly versatile; I stir it into mayo and vinaigrettes or just drizzle it on dishes for an intense flavor boost. *$15 for 8.5 oz.; filfilfoods.com.* —TU

8. COCONUT OIL
Best known for its ubiquitous coconut water, Vita Coco now makes a raw coconut oil that's amazing in my favorite carrot cake recipe. *$10 for 18 oz.; vitacoco.com.* —Ben Mims

9. CREAMY CARAMELS
These candies from Serendipity Confections are fantastically buttery and not too sweet. *$12 for 8 pieces; serendipityconfections.com.* —Chelsea Morse



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4

ACTUAL SIZE!



5



6



10. MODERN ROME HOTEL
The high-design J.K. Roma hotel is in a stunning 17th-century building that once housed an architecture school. DOUBLES FROM $700; JKROMA.COM. —CQ

1: ANGIE MOSIER; 2: COURTESY OF COPPER & KINGS; 3: DEVON JARVIS; 4: OLIVIA RAE JAMES; 5: COURTESY OF LE CREUSET; 6: ALVARO MONTAGNA; 10: J.K. ROMA



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MADELEINE BURTON

BAKING INNOVATORS

The Modern Miller

Two radical traditionalists grind their own flour—the way their great-great-grandparents once did—at Chicago's most forward-thinking new bakery.

At the peak of their success at Chicago's Bang Bang Pie Shop–daily lines around the block, media attention and awards–Dave and Megan Miller sold their share of the bakery and quit. The couple weren't convinced that they were truly deserving of the accolades, so they decided to start a new bakery with a more DIY approach. At Baker Miller, they grind all their own wheat to make sourdough cinnamon rolls, chewy chocolate chip cookies and Megan's great-great-grandparents' butterscotch pie. They sell the flour to home bakers as well. "We're advocates of flour, not of baked goods," says Dave. "It's not about the butter or the sugar. We want to change the entire conversation." *4610 N. Western Ave.; bakermillerchicago.com.* –CM

PRODUCED BY **CHELSEA MORSE**

the EXPLAINER

A Pastry Chef's Education

A Nashville baker tells why she decided to send herself to school in the kitchen.

BY **LISA DONOVAN**

CULINARY SCHOOL is exactly what some people need to be a strong cook, but it wasn't my path. Instead, I sent myself to school in my kitchen and at the Nashville Public Library. I pored over Pierre Hermé and Edna Lewis books, making notes about the differences between Southern pie dough and pâte brisée, and figuring out how to make the über-dough I needed for various ideas I had. I continued my education by loading bread into a wood oven with my first chef, Tandy Wilson, at Nashville's City House; watching a hog get butchered; building my first wedding cake. I took good notes and was ready for anything.

When I was the pastry chef at Husk Nashville, one of my best hires came to me with zero pastry experience. He'd been frying chicken and making bucketfuls of collard greens at the legendary Arnold's for the five years prior. "I want to learn, however hard that might be at this point in my life" and "I know nothing" were the interview comments that won me over. His urge to learn pastry, to get it right, was awe-inspiring. After working late into the night, he'd come back at 6 a.m. to practice his pie dough with me. He never felt like he had it, even when he did, and he persevered until he was convinced that I was happy. Read that again: until *I* was happy. He's on the path I'm on still. He sent himself to school in the kitchen and he'll never stop learning.

TRENDIPEDIA

Next-Generation Diners

Chefs love the no-frills nature of diners—Chicago star Paul Kahan confesses to eating BLTs at lunch counters all over the city. And now they are paying homage to these humble spots by opening their own upgraded versions.



GRAB A BOOTH

Dove's Luncheonette, Chicago Southern-tinged Mexican by Paul Kahan. *doveschicago.com.*

Milktooth, Indianapolis Brunch dishes only, both classic and quirky. *milktoothindy.com.*

Rosebud American Kitchen & Bar (left), Somerville, MA Retro-cool historic dining car. *rosebudkitchen.com.*

Diner, Atlanta Colossal menu of tricked-out diner dishes. *dineratlanta.com.*

—MAREN ELLINGBOE



COOKBOOK *of the* MONTH

Lessons from *The Sprouted Kitchen Bowl + Spoon*

LESSON ONE
For the best winter fruit salad, use a few different kinds of citrus and pears, and toss in a tangy-spicy ginger syrup (see below).

LESSON TWO
Cooking rice pudding or oatmeal in black tea allows you to add spices for a chai flavor. As a bonus, it also delivers a little caffeine fix.

LESSON THREE
Adding equal parts bell peppers to spicy chiles when making hot sauce tames the heat without taking away from the chile flavor.
—BEN MIMS

Winter Fruit Salad in Ginger-Lime Syrup

Total **35 min;** Serves **6**

A syrup of ginger and lime brightens this salad of gorgeous, multicolored citrus and pears. For maximum juiciness, choose citrus fruits that feel heavy for their size.

- **¼ cup pure maple syrup**
- **1 Tbsp. water**
- **One 3-inch piece of fresh ginger, peeled and thinly sliced**
- **2 Tbsp. fresh lime juice**
- **3 clementines or mandarins**
- **2 blood oranges**
- **1 grapefruit**
- **1 Fuyu persimmon**
- **1 Asian pear**
- **1 red pear**
- **1 cup pomegranate seeds**
- **2 Tbsp. finely chopped mint**
- **Hemp seeds, for garnish**

1. In a small saucepan, bring the maple syrup and water to a simmer with the ginger over moderately high heat. Remove from the heat and let steep for 15 minutes. Pick out and discard the ginger. Stir the lime juice into the syrup; let cool completely.

2. Meanwhile, using a sharp knife, peel all of the citrus fruits and cut off all of the bitter white pith. Working over a serving bowl, cut in between the membranes to release the sections. Squeeze the membranes over the bowl to catch all of the juices; discard the membranes.

3. Core the persimmon and both pears and then cut them into thin slices. Arrange the slices in the bowl with the citrus and top with the pomegranate seeds. Drizzle the fruit salad with the ginger-lime syrup, sprinkle with the mint and hemp seeds and serve immediately.

SPROUTED KITCHEN: COURTESY OF TEN SPEED PRESS; INTERIOR: MICHAEL PIAZZA



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In her adopted home of Grand Forks, blogger Molly Yeh bakes courtesan au chocolat and hazelnut granola bars, RIGHT.



FAST TRACK

Molly Yeh

The food blogger behind My Name Is Yeh documents her transition from classically trained musician to North Dakota farmwife.

MOLLY YEH is a shape-shifter. Since launching her blog My Name Is Yeh in 2009, she has morphed from Juilliard-trained percussionist to baking-obsessed Brooklynite to, most recently, Midwest farmwife. In chatty posts, she documents her baking adventures ("the thing that has kept me up at night these past two months has been: funfetti cake") and mishaps ("can i be honest with you? these take f*ing forever to make and they're not worth it in the least!"). In 2013, the cheery, cheeky baker decamped from New York City to Grand Forks, North Dakota, to be with her now-husband, a classical trombonist and fifth-generation beet farmer. She's exported her brand of "adorbs" to the Midwest, serving Chinese shaved ice desserts on freshly fallen snow at winter picnics and creating kale-and-ramp-spiked versions of the tater tot–topped casserole known locally as hot dish. Her next project: a cookbook with recipes that follow her life's path. "I focus on saying yes to any opportunity that comes along, however big or small," she says. *mynameisyeh.com.* –CM

"When cymbal lessons at Juilliard turned into debates with my teachers about New York's best burger and how to get into Momofuku Ko, I started to blog about food."

MOLLY YEH, *MYNAMEISYEH.COM*

STYLE WATCH

The New Copper Table

BY **MAREN ELLINGBOE & SUZIE MYERS**



1. **Stelton vacuum jug** *$149; store.dwell.com.*
2. **Pure copper shot glasses** *$98 for 2; kaufmann-mercantile.com.*
3. **Copper bowl** *from $50; food52.com/shop.*
4. **Serving utensils** *from $36 each; abchome.com.*
5. **Line candle holder** *$175; shophorne.com.*

YEH: NICK HAGEN; OUTDOORS, GRANOLA BARS: MOLLY YEH; 1: COURTESY OF STELTON; 2: KAUFMANN MERCANTILE; 3: RYAN DAUSCH; 4: COURTESY OF ABC CARPET & HOME; 5: HORNE

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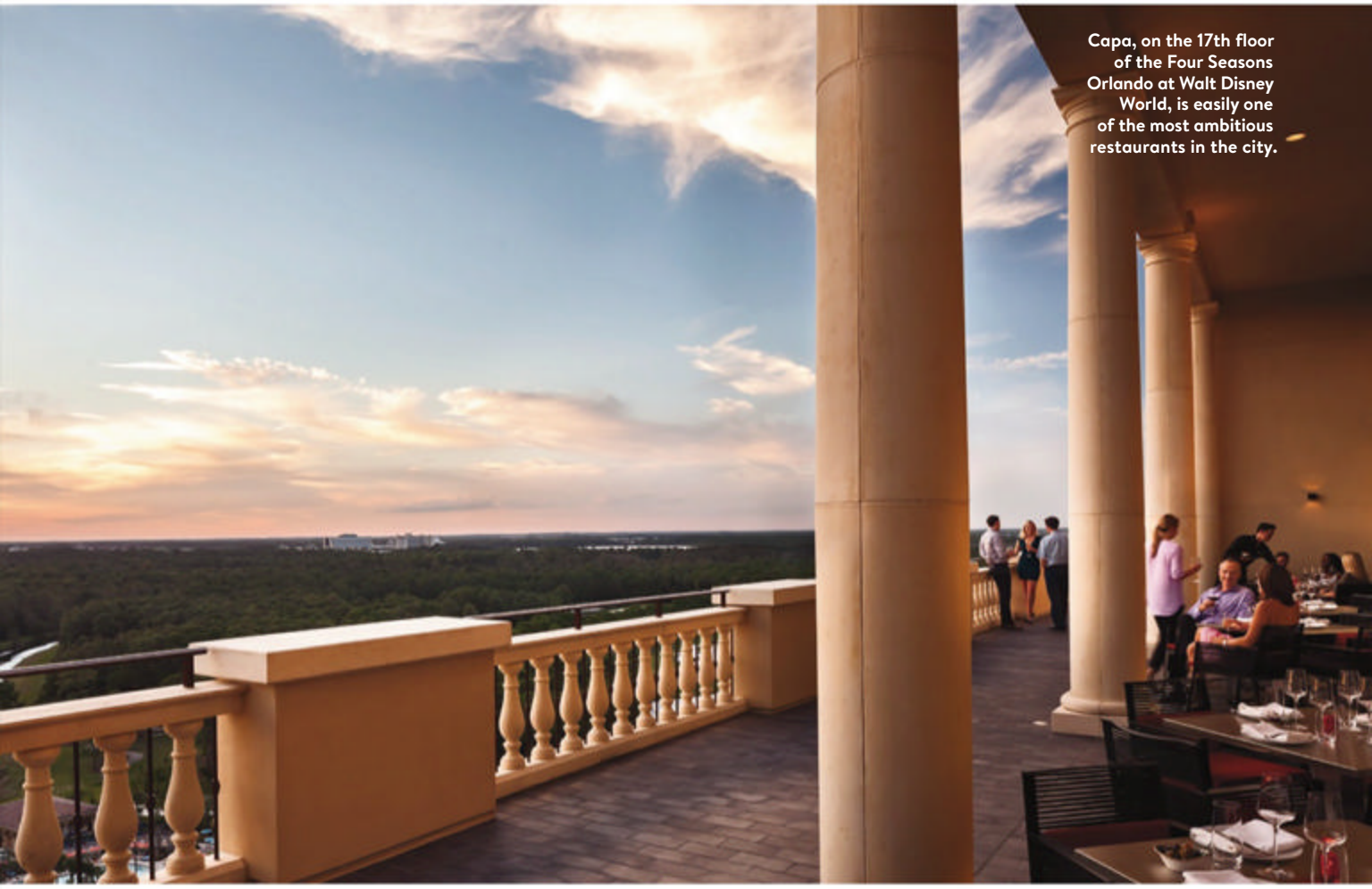
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Florida Food Fantasia

ORLANDO, FLORIDA—AMERICA'S THEME PARK CAPITAL—AND NEIGHBORING WINTER PARK HAVE NEW RESTAURANT, HOTEL AND STYLE CRED. HERE'S THE LATEST, WITH A DISPATCH FROM TV FOOD ADVENTURER ANDREW ZIMMERN.



Capa, on the 17th floor of the Four Seasons Orlando at Walt Disney World, is easily one of the most ambitious restaurants in the city.

DON RIDDLE

Disney's New Luxury

VISITORS STAYING OVERNIGHT at Disney World can sleep everywhere from a faux-Polynesian village to a tent in a wilderness reserve stocked with armadillos. Until recently, however, they didn't have a true luxury hotel. That changed last August with the opening of the Four Seasons Orlando at Walt Disney World. The hotel winks at Disney history: To get to the lobby coffee bar and its Japanese-style cold-brew machine, guests must pass minimalist white sculptures of crowns reminiscent of Sleeping Beauty's.

The juxtapositions continue at Capa, the modern Spanish steakhouse on the 17th floor. Easily one of the most ambitious restaurants in Orlando, it draws both visitors looking for a serious meal and those whose main goal is a prime view of the theme park's nightly fireworks. Overseeing the traditional Spanish wood-fired grills is chef Tim Dacey, a Florida native who helped open restaurants at New York City's Nomad and Wythe hotels. In addition to steakhouse classics like dry-aged beef and buttery potato puree, his menu includes a *para picar* (for the table) section of small snacks like deviled eggs spiced with vadouvan, and raciones like radishes with cold-smoked crème fraîche. The cocktail list was created by Joe Cleveland, the gin expert at another notable Spanish restaurant, Michael Chiarello's Coqueta in San Francisco. *10100 Dream Tree Blvd.; fourseasons.com/orlando.* –M. ELIZABETH SHELDON



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Andrew Zimmern's Restaurant Picks

Zimmern has done a tremendous amount of restaurant recon in the nearby cities of Orlando and Winter Park. Here, he reports on the places he loves best: "Many started out supersmall, with modest budgets, and have grown—a great thing to see," he says.

1 Street-Food Spot

HAWKERS ASIAN STREET FARE

The food at this small, Formica-tiled Orlando space has lots of big flavors. Roti canai and laksa (Malaysian flatbread and curry), Canton noodles (right) and everything else I've tasted is shockingly good. *1103 N. Mills Ave.; facebook.com/hawkersstreetfare.*



2 Gastropub Greatness

THE RUSTY SPOON

A proud torchbearer of Central Florida's food movement, Kathleen Blake hosts farm tours and changes her Orlando gastropub menu as often as O Town boy bands change their hairstyles. Recently, she's been serving charred squid and octopus with local watermelon and pickled vegetables. *55 W. Church St.; therustyspoon.com.*

3 Smoky Brisket

4 RIVERS SMOKEHOUSE

As someone who needs barbecue on a regular basis, I've found the mini chain 4 Rivers in Winter Park to have the best in the region. These folks serve amazingly smoky and moist brisket and poultry, plus stunning St. Louis–style ribs. And recently, the Rivers family opened The Coop, a café serving Southern classics like shrimp and grits. *1600 W. Fairbanks Ave.; 4rsmokehouse.com.*

4 Vast Wine List

LUMA ON PARK

At this restaurant in Winter Park, the menu is laser-focused and the wine cellar—7,000 bottles—is gigantic. Brandon McGlamery makes brandade from salt-cured grouper, then fries it churro-style with saffron; his banana pot de crème with milk jam is divine. *290 S. Park Ave.; lumaonpark.com.*

5 Epic Cuban Menu

BLACK BEAN DELI

Local wisdom holds that this Winter Park lunch spot (which just opened an Orlando outpost) serves the best fried plantains this side of Cuba. The cliché might be true. They also make a nice, thin Cuban sandwich and really tasty lechón (suckling pig) with garlicky mojo. *325 S. Orlando Ave., Winter Park; 1835 E. Colonial Dr., Orlando; blackbeandeli.com.*



6 Fancy Ham and Biscuits

CASK & LARDER

James and Julie Petrakis, the chef-owners of Winter Park's well-regarded The Ravenous Pig, offer fancy ham and biscuits and roast oysters with corn bread and sea urchin at this self-styled Southern public house. They make their own craft beer as well. *565 W. Fairbanks Ave.; caskandlarder.com.*



1: COURTESY OF HAWKERS; 5: JASON GREGORY; 6: COURTESY OF CASK & LARDER



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Anna Bond's Style Spots

Winter Park, Florida, has a reputation as Orlando's quainter neighbor, with brick-lined streets and historic Spanish-style architecture. And it's quietly becoming known for its small but growing arts scene—led by design pioneers like illustrator Anna Bond of Rifle Paper Co. Bond creates irresistibly colorful, floral-inspired and often humorous illustrations, which she uses to adorn recipe cards, iPhone cases, wallpaper and, the newest addition, clothing. Here, she tells F&W's M. Elizabeth Sheldon about her favorite off-the-beaten-path shops, bars, and adventure and arts picks in Winter Park and Orlando.



4


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1 Amazing Stationery

RIFLE PAPER CO. AND MAKR

Bond's flagship shop, attached to her Winter Park work space, sells her entire line of products. "You can peek in the back and see the bustle of the design studio," she says. She also hosts regular sample sales (the line goes around the block) and will add illustration workshops later this year. If you're planning to stop by Rifle Paper Co., call ahead to make an appointment at neighboring workshop Makr, which produces minimalist goods like leather card cases. *558 W. New England Ave.; riflepaperco.com.; 444 W. New England Ave.; makr.com.*

2 Local Coffee Hangout

BARNIE'S COFFEE KITCHEN

"It's the coffee shop where my creative circle hangs out," says Bond, who recommends finding a seat in the courtyard. The local chain roasts single-origin beans on-site, including a Tanzanian Peaberry blend grown in volcanic soil. *118 S. Park Ave., Winter Park; barniescoffeekitchen.com.*

3 Indie Entrepreneurs

EAST END MARKET AREA

This market is home to what Bond calls "the new indie businesses." Her favorite vendors include Kappo, a seven-seat Japanese restaurant that serves a short daily menu of omakase-style sushi and dishes like matsutake mushroom dashi. Lineage serves "the only coffee I've ever been able to drink black," says Bond. Walk two blocks over to check out local bands at Stardust Video and Coffee (left), a VHS rental store turned kitschy café. *3201 Corrine Dr., Orlando; eastendmkt.com; 1842 Winter Park Rd., Orlando; stardustvideo andcoffee.wordpress.com.*

4 Films and Food

ENZIAN

Home to the Florida Film Festival, this independent theater (which shows new releases in addition to classics like *Citizen Kane*) is near the Maitland Art Center, a former artist colony, whose museum includes a Mayan-inspired chapel. Waiters from Enzian will deliver drinks and dishes like shrimp with green onion grits to your seat before the film starts. *1300 S. Orlando Ave., Maitland; enzian.org.*

5 Craft Beer Expert

THE IMPERIAL

If you like the stool you're sitting on, you can take it home with you at this cheerfully cluttered furniture shop and bar, where the chairs and tables have price tags and the wine and beer list has about 85 options. "This shop has been around since I moved here, but I never went in until they partnered with a woodworking friend of mine to build a bar. They have a lot of great Florida craft beers, like ones from Cigar City Brewing in Tampa," says Bond. *1800 N. Orange Ave., Orlando; imperialwinebar.com.*

6 Floating Adventure

SCENIC BOAT TOUR

"Winter Park is surrounded by lakes connected by amazing canals, but a lot of locals don't even know about these tours," says Bond. "They leave every hour, and you get to see beautiful Florida foliage and lakefront homes [including a house once owned by TV's Mr. Rogers]. You can also rent your own boat and bring wine and cheese for a floating party." *312 E. Morse Blvd.; scenicboattours.com.*

1: ANNABEL BRAITHWAITE; 3: KATHERINE BENNETT; 4: MICHAEL LIESCH



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Erin French spent a few months cooking pop-up dinners from a trailer. BELOW: Her duck-confit stew (p. 36).

Finding The Lost Kitchen

TWO YEARS AGO, CHEF ERIN FRENCH LOST ALMOST EVERYTHING. THEN, IN FREEDOM, MAINE, SHE STARTED ANEW. HERE, RECIPES FROM HER BRILLIANT RESTAURANT.

BY **KATE CHRISTENSEN** PHOTOGRAPHS BY **NICOLE FRANZEN**

TO EAT AT THE LOST KITCHEN, you first have to find it. From the mid-coast town of Belfast, Maine, drive 17 miles inland through woods and rolling farmland on a two-lane country road. Watch closely or you'll miss the sign for Freedom. Take a quick left on Main Street, and there's The Mill at Freedom Falls—The Lost Kitchen's once crumbling, now beautifully renovated home. Cross a narrow bridge over a rushing stream, and you're there.

The dining room has sanded plank floors, exposed beams and suspended mill trestles. A wall of windows looks out onto the stream and bridge. Upstairs is a school for local kids; downstairs, a stone-walled wine store with bottles carefully curated by The Lost Kitchen's sommelier. There are no restaurant liquor licenses to be had in tiny Freedom, but you can buy wine at the store to drink at The Lost Kitchen, or bring your own.

The restaurant has only been open since last July, but news of it has spread, and customers now come from many miles away. Chef Erin French, who is entirely self-taught, creates unfussy, astonishingly delicious food using as few ingredients as possible in combinations that are both exciting and viscerally satisfying. She doesn't rely on fancy sauces or avant-garde culinary techniques; she is rooted in tradition. She gets some of her recipes from her mother and grandmother, elevating them and making them her own.



French's almost entirely female crew, whom she counts as close friends, are also local farmers. "I get the best produce," she says. "My friend will text me a photo of a cauliflower in her field, and I'll say, 'Bring me 12 of those.'" Later, that friend will serve the cauliflower herself. Another friend who raises ducks taught French how to confit them. A third plates the salad greens she grows. Everything French serves is in season. Even in late-winter months, when local ingredients are scarce, she is resourceful, using wintered-over root vegetables like beets in complex-tasting sauces for braised short ribs, or crisp endive in a salad brightened with citrus and mellowed with a smoky bacon dressing. The Lost Kitchen is as farm-to-table as it gets. French even made the tables, in classic Maine DIY fashion, out of barn boards and plumbing fixtures.

French herself is as local as it gets. She was born and raised in Freedom. By the time she was 14, she was flipping burgers on the line in her parents' diner, the Ridge Top, only a mile from the old mill. After college at Northeastern in Boston, she moved to California to become a doctor. At 21, an unexpected pregnancy derailed that dream. She moved back home to have her son, Jaim, now 12; her mother was her Lamaze partner.

Walk in with maybe

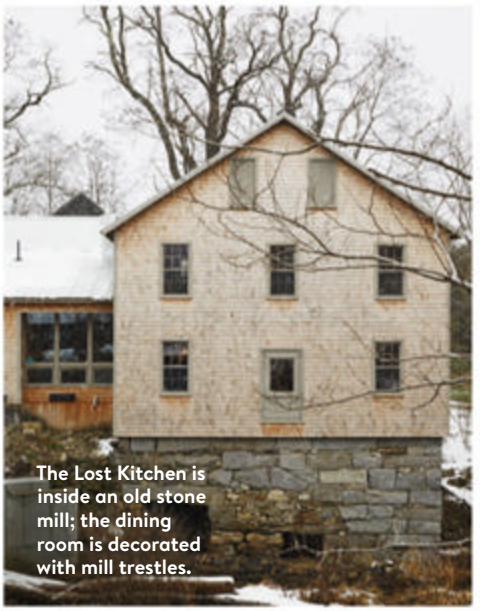
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SHOWROOM



The Lost Kitchen is inside an old stone mill; the dining room is decorated with mill trestles.



Returning to Maine proved to be a good decision. French sold her own baked goods and worked for a local caterer for years; then, when she was 30, she started an underground supper club out of her apartment in Belfast, calling it The Lost Kitchen. She experimented and studied cookbooks obsessively. Her rigorous autodidacticism paid off–her weekly dinners sold out within minutes. She and her then-husband bought their building, an old bank; after a five-month renovation and build-out, French opened The Lost Kitchen downstairs. "It had crazy success," she says. "I had a following."

Almost two years ago, she lost the restaurant and many personal possessions, even her grandmother's china, in a painful divorce. Broke, homeless and heartbroken, she moved to Freedom with Jaim, back in with her parents ("Thank God for them!"). They helped her raise money to buy a 1965 Airstream. She gutted it with a sledgehammer, then built a kitchen inside and gave pop-up dinner parties across Maine.

A friend, a farmer whose chickens are now served at The Lost Kitchen, told French to check out the town's old mill. The first time she walked in, her jaw dropped. She presented a business plan to potential investors (mostly friends and family), cashed in an inheritance from her grandfather and signed a lease. Over the next several months, she built out a simple open kitchen behind a polished concrete island.

With symbolic aptness, The Lost Kitchen reopened last Independence Day. Four nights a week, French cooks with focused but easy efficiency for a sold-out room while her crew moves from fryer to counter to tables; the feeling in the candlelit space is calm, festive and homey all at once.

Ensconced in her community, French is bringing the world to Freedom. "I've come full circle," she says. *The Lost Kitchen, 22 Mill St., Freedom, ME; 207-382-3333.*

Kate Christensen's new book, How to Cook a Moose, *will be published by Islandport Press in September.*

Beet-Braised Short Ribs

Active **1 hr;** Total **4 hr;** Serves **8**

- **2 Tbsp. extra-virgin olive oil**
- **Eight 10- to 12-oz. English-cut beef short ribs**
- **Kosher salt and pepper**
- **2 large red beets, peeled and cut into ½-inch dice**
- **1 large yellow onion, chopped**
- **4 large garlic cloves, chopped**
- **4 thyme sprigs**
- **2 bay leaves**
- **2½ cups dry red wine**
- **One 16-oz. can diced San Marzano tomatoes**
- **¼ cup ice wine vinegar or white wine vinegar**
- **1 Tbsp. pickling spices**
- **1 red onion, thinly sliced**
- **3 lbs. parsnips, peeled and chopped into 1-inch pieces**
- **6 Tbsp. cold unsalted butter, cut into tablespoons**
- **1 cup half-and-half**
- **1 cup crème fraîche**
- **2 Tbsp. drained prepared horseradish**

1. Preheat the oven to 325°. In a large enameled cast-iron casserole, heat the olive oil until shimmering. Season the short ribs with salt and pepper. Cook half of the ribs over moderately high heat, turning occasionally, until browned, about 10 minutes; transfer to a plate. Repeat with the remaining short ribs. Pour off all but 2 tablespoons of fat from the casserole.

2. Add the beets, yellow onion, garlic, thyme and bay leaves to the casserole. Season with salt and pepper and cook over moderate heat, stirring occasionally, until the vegetables are softened, about 10 minutes. Stir in the red wine, scraping up any browned bits from the bottom of the casserole. Return the ribs to the pot, add the tomatoes and bring to a simmer. Cover and braise in the oven for about 3 hours, until the ribs are very tender. Discard the thyme sprigs and bay leaves and skim off as much fat as possible from the sauce.

3. Meanwhile, in a small saucepan, bring the ice wine vinegar and pickling spices to a boil over high heat; add the red onion. Remove from the heat and let stand, tossing occasionally, until tender, about 30 minutes.

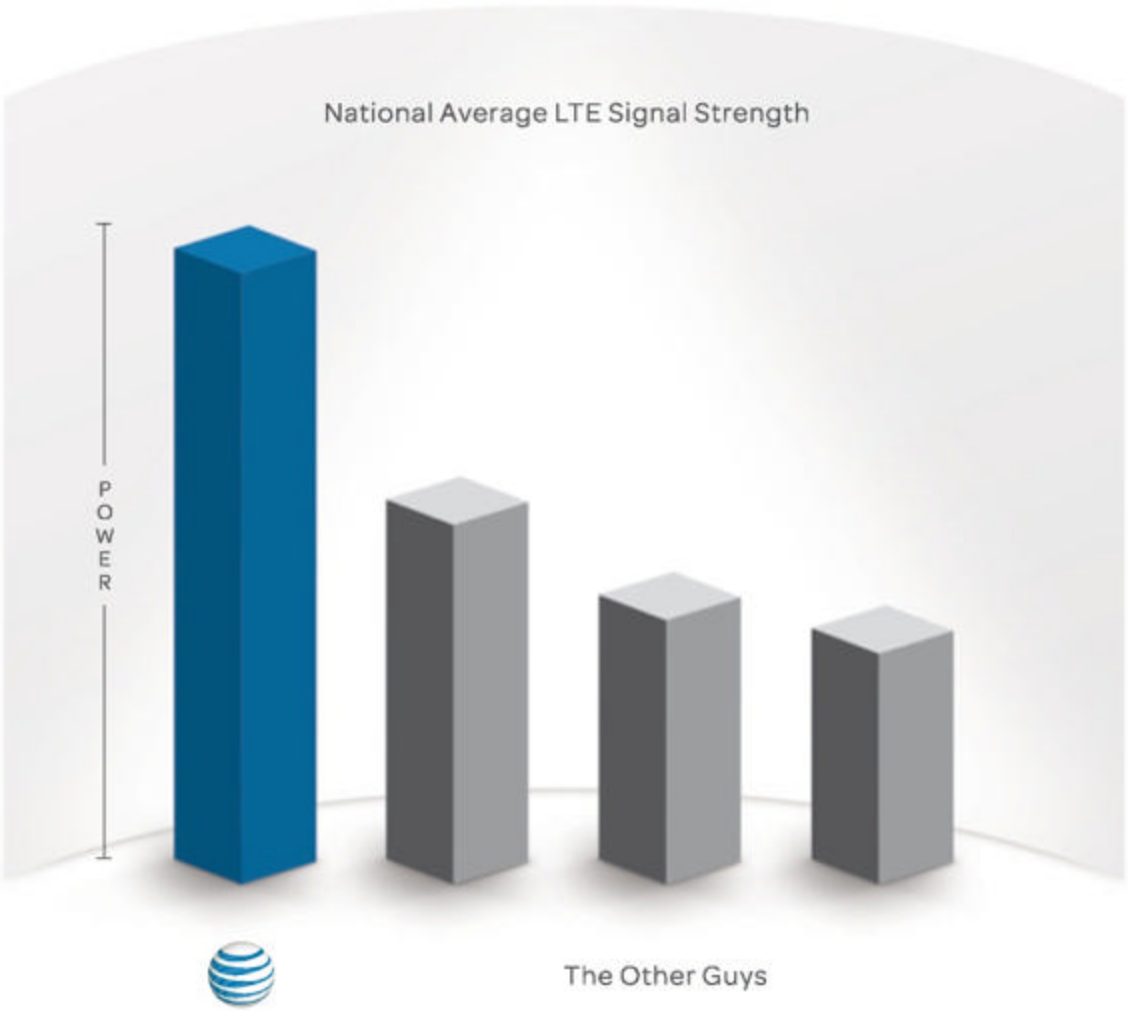
4. In a large pot, cover the parsnips with 2 inches of cold water, season with salt and bring to a boil over high heat. Reduce the heat and simmer until tender, 15 to 20 minutes; drain and transfer to a food processor. Add the butter and pulse until coarsely pureed. With the machine on, drizzle in the half-and-half; puree until smooth. Season with salt and pepper.

5. In a small bowl, whisk the crème fraîche with the horseradish and season with salt and pepper. To serve, spoon the parsnip puree into shallow bowls. Top with the short ribs, beets, horseradish cream and pickled onion and serve.

WINE Bold Washington state red blend: 2011 Hedges CMS.

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French adds crunchy bits of bacon to a simple vinaigrette for endive salad.

Endive and Citrus Salad with Bacon Vinaigrette

Total **30 min;** Serves **8**

- **1 small shallot, finely chopped**
- **2 Tbsp. seasoned rice vinegar**
- **¼ cup extra-virgin olive oil**
- **Kosher salt and pepper**
- **2 Ruby Red grapefruits**
- **2 blood oranges**
- **1 navel orange**
- **1 tangerine**
- **6 Belgian endives, leaves separated**
- **4 slices cooked bacon, coarsely chopped**
- **2 tsp. chopped tarragon**
- **Mesclun greens, for garnish (optional)**

1. In a small saucepan, combine the shallot and vinegar and let stand for 10 minutes. Whisk in the olive oil and season with salt and pepper.

2. Meanwhile, using a very sharp knife, peel the grapefruits, oranges and tangerine, being sure to remove all of the bitter white pith. Working over a large bowl to catch the juices, cut the navel orange and tangerine in between the membranes to release the sections. Slice the grapefruits and blood oranges into rounds, then cut into quarters. Arrange the endives and the citrus on a large platter.

3. Bring the dressing to a simmer over moderate heat. Remove from the heat and add the bacon. Drizzle the dressing over the salad and top with the tarragon and mesclun, if using.

Duck Confit and White Bean Stew

PAGE 32

Active **45 min;** Total **1 hr 45 min plus overnight soaking**
Serves **8**

- **2 quarts low-sodium chicken broth**
- **2 cups dried cannellini beans (¾ lb.), soaked overnight and drained**
- **2 Tbsp. extra-virgin olive oil**
- **Four 6-oz. whole confit duck legs**
- **6 large shallots, thinly sliced**
- **4 purple or orange carrots, sliced ¼ inch thick**
- **2 garlic cloves, crushed**
- **2 thyme sprigs, plus leaves for serving**
- **1 tsp. herbes de Provence**
- **1 small head of radicchio, leaves torn into bite-size pieces**

1. In a large pot, combine the chicken broth and beans with 4 cups of water and bring to a boil. Simmer over moderate heat until the beans are tender, about 1 hour.

2. Meanwhile, in a large skillet, heat the olive oil. Add the duck legs and cook over moderate heat, turning occasionally, until crisp and heated through, about 15 minutes. Transfer to a plate to cool slightly, then coarsely chop or shred the meat. Set aside the crispy skin.

3. Add the shallots, carrots, garlic, thyme sprigs and herbes de Provence to the skillet and cook over moderate heat, stirring occasionally, until the shallots are caramelized and completely tender, about 20 minutes. Add 2 tablespoons of water to the skillet and stir, scraping up any browned bits. Discard the thyme sprigs. Stir the shallots and carrots into the beans, then stir in the duck and radicchio. Garnish with thyme leaves and serve topped with the crispy skin.

MAKE AHEAD The stew (without the radicchio) can be refrigerated for up to 2 days. Reheat gently and add the radicchio just before serving.

WINE Spiced, berry-scented Oregon Pinot Noir: 2013 Evesham Wood Willamette Valley.

Walnut Galette with Bourbon-Vanilla Custard Sauce

PAGE 38

Active **1 hr;** Total **2 hr 30 min plus cooling;** Serves **8**

CRUST

- **1¼ cups all-purpose flour**
- **½ tsp. kosher salt**
- **1 stick plus 2 Tbsp. cold unsalted butter, cubed**
- **¼ cup ice water**

FILLING

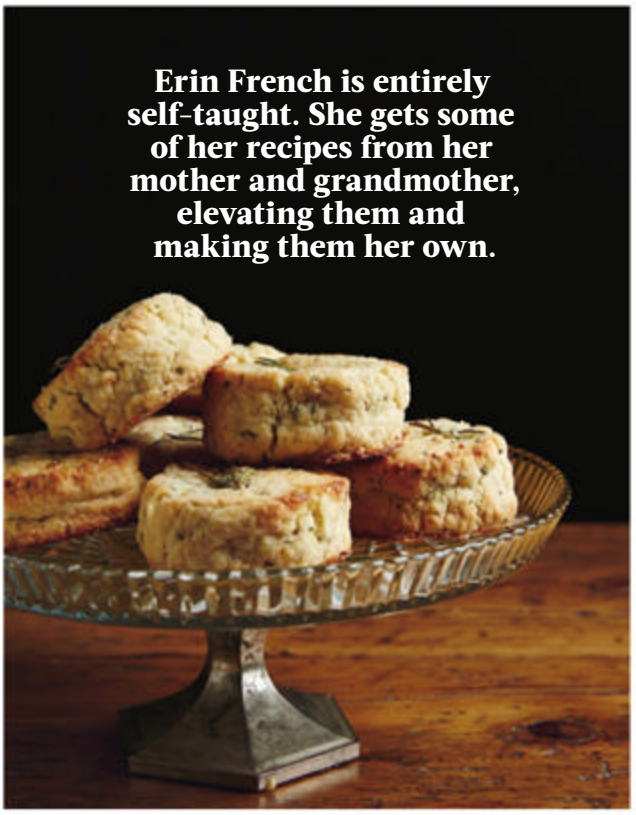
- **2 cups walnut halves**
- **4 Tbsp. unsalted butter**
- **½ cup light brown sugar**
- **½ cup light corn syrup**
- **1 tsp. pure vanilla extract**
- **½ tsp. finely grated orange zest**
- **Kosher salt**
- **2 large eggs, lightly beaten**
- **1 Tbsp. granulated sugar**

CUSTARD SAUCE

- **¾ cup heavy cream**
- **¾ cup whole milk**
- **½ vanilla bean, split lengthwise, seeds scraped**
- **3 large egg yolks**
- **3 Tbsp. granulated sugar**
- **2 tsp. bourbon**
- **Pure maple syrup and Maldon sea salt, for serving**

1. Make the crust In a food processor, pulse the flour and salt. Add the butter and pulse until the mixture resembles coarse meal with some pea-size pieces of butter still visible. Sprinkle in the ice water and pulse until the dough starts to come together; you should still see small pieces of butter. Scrape the dough out onto a work surface and pat into


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Erin French is entirely self-taught. She gets some of her recipes from her mother and grandmother, elevating them and making them her own.



A fantastic, flaky dough is key to both a walnut tart (p. 36) and lemon-rosemary scones, ABOVE.

a disk. Wrap in plastic and refrigerate until chilled, at least 1 hour or up to 3 days.

2. On a lightly floured work surface, roll out the dough to a 14-inch round. Transfer to a 10-inch springform pan and press in gently; it should reach halfway up the side. Refrigerate for 20 minutes or until firm.

3. Make the filling Preheat the oven to 375°. Spread the walnuts in the chilled crust. In a medium saucepan, melt the butter over low heat. Add the brown sugar and corn syrup and stir until dissolved. Add the vanilla, orange zest and a pinch of salt. Whisk in the eggs. Pour the filling over the walnuts, then fold the dough over the filling in an overlapping pattern. Sprinkle the crust with the granulated sugar. Bake the galette for 40 minutes, until the filling is set and the crust is golden brown. Transfer to a rack and let cool completely.

4. Meanwhile, make the custard sauce In a medium saucepan, combine the cream, milk and vanilla bean and seeds and bring to a simmer over moderate heat. Remove from the heat, cover and let steep for 20 minutes. Discard the vanilla bean.

5. Set a heatproof medium bowl over a bowl of ice water. Return the cream mixture to a simmer and remove from the heat. In another medium bowl, whisk the egg yolks with the sugar until pale; slowly whisk in the hot cream. Pour the mixture into the saucepan and cook the custard sauce over moderate heat for 1 to 2 minutes, stirring constantly and scraping the bottom and side of the saucepan, until thickened. Pour the sauce into the bowl set over ice water and let cool completely, stirring occasionally. Stir in the bourbon and refrigerate.

6. Unmold the galette and transfer it to a plate. Drizzle with maple syrup and sprinkle with sea salt. Serve with the custard sauce.

MAKE AHEAD The galette can be kept at room temperature for up to 2 days. The custard can be refrigerated for up to 3 days.

Sugared Lemon-Rosemary Scones

Active **20 min;** Total **1 hr 45 min**
Makes **8**

2¼ cups all-purpose flour

⅓ cup sugar, plus more for sprinkling

2 Tbsp. finely chopped fresh rosemary

1 Tbsp. baking powder

¾ tsp. kosher salt

Finely grated zest of 1 lemon

1½ sticks cold unsalted butter, cubed

¾ cup heavy cream, plus more for brushing

1. In a food processor, pulse the flour with the ⅓ cup of sugar, the rosemary, baking powder, salt and lemon zest. Add the butter and pulse until the mixture resembles coarse meal, with some pea-size pieces of butter still visible. Transfer to a large bowl and stir in the ¾ cup of cream until a shaggy dough forms. Turn the dough out onto a lightly floured work surface and gently knead just until it comes together. Gently roll the dough into a 14-inch log, wrap in plastic and refrigerate for 1 hour or until firm.

2. Preheat the oven to 375° and line a baking sheet with parchment paper. Slice the log into 8 rounds and transfer to the baking sheet. Brush the scones with cream and sprinkle generously with sugar. Bake for 22 to 25 minutes, until the scones are golden. Let cool slightly before serving.

MAKE AHEAD The recipe can be prepared through Step 1 and refrigerated overnight.


Started my Camry.
Wanted tacos for lunch.
Crossed down into Baja.
Joined a soccer game.
Lost my passport to a seagull.
Hitched a ride on a cargo ship.
Got boarded by pirates.
Freed some livestock.
Retook the ship.
They were really good tacos.
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TOYOTA
Let's Go Places



Liz Cowan of Three Little Figs adds freshly grated nutmeg, coffee and stout to chutney, RIGHT.



PUDDLETOWN PUB CHUTNEY, P. 44

In Praise of Winter Jam

FLAVORED WITH SPICES, SPIRITS AND MORE, WINTER JAMS CAN REQUIRE—AND REWARD—CREATIVITY. BUT EVEN THE SIMPLEST KINDS ARE SURPRISING.

BY **SARAH DiGREGORIO**

IT'S NO KNOCK on summer jam to say that the winter kind can be more inventive. After all, when you're working with August fruit at its sweet and drippy peak, the less you do to it the better. But in winter, confronted with yet another box of pears pulled from the dark depths of cold storage, the best jam makers feel compelled to use all their creativity. They're even excited about it. As Laena McCarthy of Brooklyn's Anarchy in a Jar puts it, "Winter is the time to play." For her, *playing* means combining grapefruit with smoked salt; for Liz Cowan of Portland, Oregon's Three Little Figs, it means simmering apples with coffee and stout. Cowan, for her part, points out one more advantage of preserving in winter instead of summer: "The kitchen's not 120 degrees!"

FOOD PHOTOGRAPHS: JOHN KERNICK; FOOD STYLIST: SIMON ANDREWS; PROP STYLIST: CARLA GONZALEZ-HART. COWAN: PARKER FITZGERALD

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For prevention of bone loss alone (osteoporosis), talk to your HCP about whether a different treatment without estrogens might be better for you. DUAVEE should be taken for the shortest time possible. You should talk to your HCP regularly to see if treatment is still needed.

IMPORTANT SAFETY INFORMATION

Do not take additional estrogens, progestins, or estrogen agonists/antagonists while taking DUAVEE.

Using estrogen may increase your chance of getting cancer of the uterus. Report any unusual vaginal bleeding right away while taking DUAVEE. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus. A healthcare provider should check unusual vaginal bleeding to find the cause.

Do not use estrogens to prevent heart disease, heart attacks, strokes, or dementia.

Estrogens may increase the chance of getting blood clots or strokes.

Using estrogens may increase the chance of getting dementia, based on a study of women 65 years of age or older.

You and your healthcare provider should talk regularly about whether you still need treatment with DUAVEE.

Do not use DUAVEE if you: have or had blood clots; are allergic to any of its ingredients; have unusual vaginal bleeding; have or had certain cancers (eg, uterine or breast), liver problems, or bleeding disorders; or are pregnant, may become pregnant, or are breastfeeding a baby. The use of estrogen alone has been reported to result in an increase in abnormal mammograms requiring further evaluation. The effect of treatment with DUAVEE on the risk of breast and ovarian cancer is unknown. Estrogens increase the risk of gallbladder disease. Discontinue estrogen if loss of vision, pancreatitis, or liver problems occur. If you take thyroid medication, consult your healthcare provider, as use of estrogens may change the amount needed. The most common side effects include muscle spasms, nausea, diarrhea, upset stomach, abdominal pain, throat pain, dizziness, and neck pain.

Please see a brief summary of safety information on the next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Learn more at DUAVEE.com

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IMPORTANT FACTS

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ABOUT DUAVEE™

DUAVEE is a prescription medicine that contains a mixture of estrogens and bazedoxifene.

DUAVEE is used after menopause for women with a uterus to:

- **reduce moderate-to-severe hot flashes.** Very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden intense episodes of heat and sweating (hot flashes)
- **help reduce your chances of developing osteoporosis (thin, weak bones).** If you use DUAVEE only to prevent osteoporosis due to menopause, talk with your healthcare provider about whether a different treatment or medicine without estrogens might be better for you

DUAVEE should be taken for the shortest time possible and only for as long as treatment is needed.

You and your healthcare provider should talk regularly about whether you still need treatment with DUAVEE.

WHAT IS THE MOST IMPORTANT INFORMATION YOU SHOULD KNOW ABOUT DUAVEE?

- **Do not take additional estrogen products while you are taking DUAVEE**
- **Using estrogens may increase your chance of getting cancer of the uterus (womb)**
- **Report any unusual vaginal bleeding right away while you are taking DUAVEE. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find out the cause**
- **Do not use estrogens to prevent heart disease, heart attacks, strokes, or dementia (decline in brain function)**
- **Using estrogens may increase your chances of getting strokes or blood clots**
- **Using estrogens may increase your chance of getting dementia, based on a study of women 65 years of age or older**
- **You and your healthcare provider should talk regularly about whether you still need treatment with DUAVEE**

DO NOT TAKE DUAVEE IF YOU

• have or had blood clots • are allergic to estrogens or bazedoxifene, the active ingredients in DUAVEE, or any of its ingredients • have unusual vaginal bleeding • currently have or had certain cancers including cancer of the breast or uterus • currently have or had liver problems • have been diagnosed with a bleeding disorder • think you may be pregnant or may become pregnant • are breastfeeding a baby or plan to breastfeed

NEED MORE INFORMATION?

- This information does not replace talking to your healthcare provider about your menopausal symptoms and their treatment.
- Visit DUAVEE.com or call 1-866-881-2545.

BEFORE YOU TAKE DUAVEE

Tell your healthcare provider if you:

- **have any unusual vaginal bleeding**
- **have any other medical conditions.** Your healthcare provider may need to check you more carefully if you have certain conditions such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood
- **are going to have surgery or will be on bed rest.** Your healthcare provider will let you know if you need to stop taking DUAVEE

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you take other hormonal medicines, including progestins or other medicines like DUAVEE.

POSSIBLE SIDE EFFECTS OF DUAVEE

Serious side effects include:

• blood clots • stroke • heart attack • cancer of the lining of the uterus • breast cancer • cancer of the ovary • dementia • gallbladder problems • loss of vision • high blood pressure • increased fats in your blood • liver problems • thyroid problems • fluid retention • low calcium • swelling of your mouth or tongue • worsening of other medical problems such as asthma, diabetes, epilepsy, migraines, a genetic problem called porphyria, lupus, and liver problems

Less serious but common side effects include:

• muscle spasms • nausea • diarrhea • upset stomach • abdominal pain • throat pain • dizziness • neck pain

Call your healthcare provider right away if you get any of the following warning signs, or any other unusual symptoms that concern you:

• new breast lumps • unusual vaginal bleeding • changes in vision or speech • sudden new severe headaches • severe pains in your chest or legs with or without shortness of breath, weakness, and fatigue

What can I do to lower my chances of a serious side effect with DUAVEE?

- Talk with your healthcare provider regularly about whether you should continue taking DUAVEE
- See your healthcare provider right away if you get vaginal bleeding while taking DUAVEE
- Have a pelvic exam, breast exam, and mammogram (breast X-ray) every year unless your healthcare provider tells you something else
- If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances of getting heart disease

These are not all the possible side effects of DUAVEE. For more information, ask your healthcare provider or pharmacist.

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Dafna Kory of Inna Jam only uses local, in-season produce.

KORY: ROMAN CHO

Homemade Jam Tips

CANNING

Spoon the hot jam into hot, sterilized canning jars to within ¼ inch of the rims. Seal the jars, then submerge them in a pot of boiling water and boil for 5 to 10 minutes. Remove the jars and let cool. Check the lids to make sure they're fully sealed; refrigerate any jars with imperfect seals. The processed jam can be stored at room temperature for 6 months.

PECTIN

Every brand thickens in a slightly different way, so be sure to use the specific one called for in each recipe.

MAKE AHEAD

Unprocessed, these jams can be refrigerated for 3 weeks.

Grapefruit Marmalade with Smoked Salt

Total **35 min;** Makes **7½ cups**

"I call this my gateway marmalade," says Laena McCarthy of Brooklyn's Anarchy in a Jar. "It's less bitter because it's made with the zest of the grapefruit, not including the pith." Use a mild smoked salt, such as Maldon, so as not to overpower the sweet and aromatic grapefruit. This marmalade is great stirred into a gin or bourbon cocktail.

- **3 cups sugar**
- **2 tsp. mild smoked salt flakes**
- **2 tsp. Pomona's Universal Pectin (see Note)**
- **½ cup finely grated grapefruit zest (from 6 medium grapefruits)**
- **6 cups strained fresh grapefruit juice (from 12 medium grapefruits)**
- **2 Tbsp. fresh lemon juice**
- **1 Tbsp. Pomona's calcium water (see Note)**

1. In a medium bowl, whisk the sugar with the smoked salt and pectin.

2. In a large saucepan, whisk the grapefruit zest with the grapefruit and lemon juices and the calcium water and bring to a boil. Gradually whisk in the sugar mixture and bring back to a boil over high heat, whisking, until the sugar dissolves, about 3 minutes. Remove from the heat and skim off any foam. Test the marmalade: Spoon 1 tablespoon onto a chilled plate and refrigerate until it cools to room temperature, about 3 minutes; the marmalade is ready when it is thickened slightly and a spoon dragged through it leaves a clear trail. If the marmalade is too loose, continue simmering and test every 5 minutes.

3. Pour the marmalade into glass jars and let cool completely.

NOTE Pomona's Universal Pectin (the brand favored by McCarthy for this recipe) is activated with calcium. A packet of calcium powder is included in each box—simply combine ¼ teaspoon of the powder with ¼ cup water to make the calcium water, which can be refrigerated for several months.

Three Brilliant Jams to Buy



ANARCHY IN A JAR
Laena McCarthy makes jam, chutney, mustard and marmalade in Brooklyn. *anarchyinajar.com.*



THREE LITTLE FIGS
This Portland, Oregon, producer incorporates red wine and cider vinegar into its sweet-savory jams. *threelittlefigsjam.com.*



INNA JAM
Each jar contains only organic, single-source vegetables and fruits picked in Northern California. *innajam.com.*
–CHELSEA MORSE

Cranberry-Clementine Preserves

Total **45 min plus overnight macerating**
Makes **5 cups**

Elizabeth Madden of Chicago's Rare Bird Preserves says she's invigorated by the seasonal nature of jam making. "We never get bored, because we're working on new flavors," she says. "When you haven't seen an ingredient in a year, you're like, 'Oh, my God, this is so beautiful!'" She feels that way in particular about cranberries, which she puts to great use in this bright, tangy preserve; it's fantastic on a turkey sandwich.

- **¾ lb. clementines, unpeeled, thinly sliced crosswise and seeds discarded**
- **¾ lb. fresh or frozen cranberries**
- **3 cups sugar**
- **2 Tbsp. fresh lemon juice**
- **Fine salt**
- **⅓ cup warm water**
- **⅓ cup warm apple juice**

1. In a food processor, pulse the clementines until coarsely chopped. Add the cranberries and pulse until the clementines are finely chopped and the cranberries are coarsely chopped. Transfer the fruit to a large nonreactive saucepan and stir in the sugar, lemon juice and a pinch of salt. Bring just to a boil, then simmer over moderate heat, stirring occasionally, until the sugar dissolves, about 5 minutes. Let cool completely, then cover and refrigerate overnight.

2. Stir the water and apple juice into the fruit in the saucepan and bring to a boil over high heat. Reduce the heat to moderately high and boil, stirring occasionally, until the preserves are thickened slightly, about 12 minutes. Test the preserves: Spoon 1 tablespoon onto a chilled plate and refrigerate until it cools to room temperature, about 3 minutes; the preserves are ready when thickened slightly and a spoon dragged through them leaves a clear trail. If the preserves are too loose, continue simmering and test every 5 minutes. Let the preserves cool completely, then transfer to glass jars and refrigerate until chilled.

Kiwi Jam

Total **40 min;** Makes **6 cups**

California's kiwi season runs from October to May, making the fruit fair game for Dafna Kory of Inna Jam. She sources all of her produce from within a 150-mile radius of her Emeryville, California, kitchen.

- **2½ lbs. kiwis, peeled and cut into ½-inch pieces (5 cups)**
- **½ cup water**
- **Salt**
- **2 cups sugar**
- **⅓ cup plus ½ tsp. Ball Low or No-Sugar Needed Pectin**
- **3½ Tbsp. fresh lemon juice**

1. In a medium saucepan, combine the kiwis, water and a pinch of salt and cook over moderate heat, stirring occasionally, until the kiwis start to release their juice, 3 to 5 minutes. Reduce the heat to moderately low, cover and cook, stirring occasionally, until the fruit is nearly submerged in juice, about 15 minutes.

2. Bring the fruit to a rolling boil. Add the sugar and boil over high heat, stirring, until the sugar dissolves, about 2 minutes. Whisk in the pectin and boil over high heat for 1 minute. Remove from the heat, stir in the lemon juice and skim off any foam. Transfer the jam to glass jars and let cool completely.

Puddletown Pub Chutney

Active **20 min**
Total **1 hr 15 min plus cooling**
Makes **3 cups**

This chutney is an homage to Oregon: Liz Cowan, who runs Portland's Three Little Figs jam company, uses Oakshire Brewing's Overcast Espresso Stout from Eugene, Oregon, and Walla Walla sweet onions. The result is a sweet-savory chutney that's stellar with sharp cheddar and charcuterie.

- **4 Granny Smith apples—peeled, cored and cut into ⅓-inch dice (5 cups)**
- **2 cups finely chopped sweet onion**
- **12 oz. espresso stout beer**
- **1 cup packed dark brown sugar**
- **½ cup apple cider vinegar**
- **½ cup brewed strong coffee, cooled**
- **⅓ cup currants**
- **2 bay leaves**
- **2 Tbsp. unsulfured molasses**
- **1½ tsp. yellow mustard seeds**
- **1 tsp. brown mustard seeds**
- **1 tsp. fine sea salt, plus more for seasoning**
- **½ tsp. black pepper**
- **¼ tsp. Chinese five-spice powder**
- **Pinch of freshly grated nutmeg**
- **1½ Tbsp. Ball Low or No-Sugar Needed Pectin**

1. In a large saucepan, combine all of the ingredients except the pectin and bring to a boil. Simmer over moderate heat, stirring occasionally, until the chutney is thickened and reduced to 3 cups, 45 to 50 minutes.

2. Bring the chutney back to a boil over high heat. Whisk in the pectin and simmer for 1 minute. Remove from the heat and let cool completely. Discard the bay leaves. Season the chutney with salt and transfer to glass jars. Serve at room temperature or slightly chilled.

FROM TOP: COURTESY OF ANARCHY IN A JAR; DAVID L. REAMER; COURTESY OF INNA JAM


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trying
a recipe
that's
adventurous,
and a kitchen
where finding
the tools isn't
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Mad Genius Tips

JUSTIN CHAPPLE, STAR OF F&W'S MAD GENIUS TIPS VIDEOS, SHARES THREE SIMPLE RECIPES—EACH WITH ONE CRAZY-SMART TRICK.

PHOTOGRAPHS BY **CHRISTINA HOLMES**







BACON LATTICE The BLT often misses its shot at greatness due to one flaw: There isn't bacon in every bite. Now, with the help of this tip, it wins my award for Most Amazing Sandwich. I weave uncooked strips of bacon into a tight lattice, then bake until crisp, so I get crunchy, smoky bacon throughout.





California BLTs

Total **45 min;** Serves **4**

- **12 slices of bacon, halved crosswise**
- **½ cup mayonnaise**
- **1 Tbsp. finely chopped tarragon**
- **1 Tbsp. fresh lemon juice**
- **Salt and pepper**
- **8 slices multigrain sandwich bread, toasted**
- **1 Hass avocado—peeled, pitted and sliced**
- **2 Persian cucumbers, thinly sliced on the diagonal**
- **1 medium tomato, thinly sliced**
- **4 small Bibb lettuce leaves**
- **½ cup mixed sprouts, such as radish, sunflower and alfalfa**

1. Preheat the oven to 400°. Line a large rimmed baking sheet with parchment paper or foil. For each lattice, weave 6 strips of bacon, 3 in each direction, on the prepared baking sheet.

2. Set an ovenproof rack upside down on the bacon to keep it flat. Bake for 15 to 20 minutes, until browned and crisp. Remove the rack, then transfer the bacon lattices to paper towels to drain.

3. Meanwhile, in a small bowl, whisk the mayonnaise with the tarragon and lemon juice. Season with salt and pepper.

4. Spread the tarragon mayonnaise on each slice of toast. Arrange the sliced avocado, cucumbers and tomato on 4 slices of the toast and sprinkle with salt and pepper. Top with the bacon lattices, Bibb leaves and sprouts. Close the sandwiches and serve.

FOOD STYLIST: JUSTIN CHAPPLE; PROP STYLIST: MARIE SULLIVAN


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TWO-TONE FROSTING Some people prefer chocolate frosting on their cupcakes; others, vanilla. But for me, there's one clear choice—both! I spread the flavors side by side on a sheet of plastic wrap, roll into a log, then slide it into a pastry bag fitted with a star tip. This allows me to pipe impressive two-tone swirls on cupcakes.







Black-and-White Cupcakes

Active **40 min;** Total **1 hr 30 min**
Makes **12 cupcakes**

CUPCAKES

- **1 cup all-purpose flour**
- **⅓ cup unsweetened cocoa powder**
- **½ tsp. baking powder**
- **½ tsp. kosher salt**
- **¼ tsp. baking soda**
- **6 Tbsp. unsalted butter, softened**
- **¾ cup sugar**
- **2 large eggs**
- **½ cup sour cream**
- **2½ tsp. pure vanilla extract**

FROSTING

- **2 sticks unsalted butter, softened**
- **4 cups confectioners' sugar**
- **2 tsp. pure vanilla extract**
- **½ tsp. kosher salt**
- **4 Tbsp. milk**
- **½ cup unsweetened cocoa powder**

1. Make the cupcakes Preheat the oven to 350° and line a 12-cup muffin pan with paper liners. In a bowl, whisk the flour with the cocoa powder, baking powder, salt and baking soda. In a large bowl, using a handheld electric mixer, beat the butter with the sugar at medium-high speed until fluffy. Beat in the eggs 1 at a time, then beat in the sour cream and vanilla until smooth. At low speed, beat in the dry ingredients. Scoop the batter into the lined muffin cups.

2. Bake the cupcakes in the center of the oven for about 17 minutes, until springy and a toothpick inserted in the centers comes out clean. Let cool slightly in the pan, then transfer to a rack to cool completely.

3. Meanwhile, make the frosting In a large bowl, using a handheld electric mixer, beat the butter at medium speed until smooth. Add the confectioners' sugar, vanilla, salt and 2 tablespoons of the milk and beat at low speed just until combined, then beat at medium speed until smooth. Scrape half of the vanilla frosting into a medium bowl. Add the cocoa powder and the remaining 2 tablespoons of milk to the frosting in the large bowl and beat at low speed until fully incorporated.

4. Lay a large sheet of plastic wrap on a work surface with the long side facing you. Using a small spatula, spread the vanilla frosting in a 3-inch-wide strip down the center of the plastic wrap. Spread the chocolate frosting in a 3-inch-wide strip alongside the vanilla. Using the plastic, fold the chocolate frosting over the vanilla, twisting one end of the plastic to seal. Pull the twisted end of the plastic through a pastry bag fitted with a large star tip and cut off the protruding plastic at the tip. Refrigerate the frosting until barely firm, about 15 minutes. Pipe onto the cupcakes and serve.



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SELF-TRUSSED CHICKEN Trussing before roasting helps chicken cook evenly and results in a gorgeous presentation. If, like me, you forget the kitchen string, have no fear—your chicken can truss itself. Using a sharp knife, make small incisions in the excess skin near the cavity, then tuck each drumstick into the opening on the opposite side. You'll get neatly crossed legs and a perfectly trussed bird.

Roast Chicken Paprikash with Watercress and Dilled Sour Cream

Active **35 min;** Total **1 hr 20 min;** Serves **4**

- **One 3½-lb. whole chicken**
- **2 Tbsp. extra-virgin olive oil**
- **2 tsp. sweet paprika**
- **2 tsp. hot paprika**
- **2 tsp. caraway seeds**
- **2 small garlic cloves, finely grated**
- **Kosher salt and pepper**
- **½ cup sour cream**
- **2 Tbsp. minced dill**
- **4 oz. watercress**
- **1 Tbsp. fresh lemon juice**

1. Preheat the oven to 425°. Using a small, sharp knife, make a ¾-inch slit in one side of the excess chicken skin around the cavity; carefully slip the end of the drumstick from the opposite side into the slit. Repeat on the other side with the remaining drumstick.

2. In a small bowl, whisk 1 tablespoon of the olive oil with the sweet paprika, hot paprika, caraway, garlic, 1 tablespoon of kosher salt and ½ teaspoon of pepper. Set the chicken in a small roasting pan and rub all over with the mixture. Roast the chicken for about 45 minutes, until an instant-read thermometer inserted in the inner thigh registers 165°. Transfer the chicken to a carving board and let rest for 15 minutes.

3. Meanwhile, in a small bowl, whisk the sour cream with the dill and season with salt and pepper. On a platter, toss the watercress with the lemon juice and the remaining 1 tablespoon of olive oil and season with salt and pepper.

4. Carve the chicken and arrange the pieces on the watercress. Drizzle any pan juices over the chicken and serve right away with the dilled sour cream.

WINE Ripe, fruit-forward Italian white: 2011 Sartori di Verona Ferdi Bianco.

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HANDBOOK



FRESH & FAST
This vibrant salad is a mix of romaine with slices of avocado, radish and fresh fennel. It's dressed simply with olive oil, lemon juice, salt and cracked pepper.

FOOD PHOTOGRAPHS: CHRISTINA HOLMES; FOOD STYLIST: KAY CHUN; PROP STYLIST: CARLA GONZALEZ-HART

QUICK & EASY
BARBECUE SHRIMP
P. 54

Quick & Easy

Colby Garrelts

Chef Colby Garrelts shows his Midwestern pride at Bluestem in Kansas City, Missouri, and in a new cookbook, *Made in America*. bluestemkc.com

Barbecue Shrimp

PAGE 53

Total **30 min;** Serves **6**

- **3 Tbsp. canola oil**
- **1 shallot, finely chopped**
- **1 garlic clove, finely chopped**
- **¼ cup dry white wine**
- **½ tsp. chopped thyme**
- **¾ cup Worcestershire sauce**
- **½ cup low-sodium chicken broth**
- **2 dozen large shrimp, shelled and deveined**
- **Kosher salt and pepper**
- **2 Tbsp. unsalted butter, cut into tablespoons**
- **Sliced scallions, for garnish**

1. In a medium saucepan, heat 1 tablespoon of the canola oil. Add the shallot and garlic and cook over moderate heat, stirring occasionally, until softened, about 3 minutes. Stir in the wine and thyme and cook until reduced by half, about 2 minutes. Add the Worcestershire sauce and broth and cook until reduced to ½ cup, about 15 minutes.

2. In a large skillet, heat the remaining 2 tablespoons of canola oil. Season the shrimp with salt and pepper. Cook over moderately high heat, turning once, for 2 minutes total. Stir in the sauce and cook, stirring, until thickened, about 2 minutes. Stir in the butter until incorporated and season with salt. Transfer the shrimp to a platter and garnish with scallions.

SERVE WITH Avocado, fennel and radish salad (p. 53).

WINE Fruit-forward, citrusy Chenin Blanc: 2014 Ken Forrester Petit Chenin.



Spicy Chicken-and-Sausage Hash

Total **45 min;** Serves **6**

- **¼ cup canola oil**
- **½ lb. baby Yukon Gold potatoes, chopped**
- **1 yellow onion, thinly sliced**
- **2 yellow bell peppers, thinly sliced**
- **Kosher salt and pepper**
- **½ lb. boneless skinless chicken, cut into 1-inch pieces**
- **½ lb. breakfast sausages, casings removed**
- **One 14.5-oz. can chopped tomatoes**
- **3 garlic cloves, minced**
- **1 Tbsp. Worcestershire sauce**
- **1 Tbsp. hot sauce**
- **½ Tbsp. prepared horseradish**
- **Biscuits, for serving**

1. In a large cast-iron or nonstick skillet, heat 2 tablespoons of the oil. Add the potatoes and cook over moderately high heat, stirring occasionally, until softened and golden, 7 to 8 minutes. Using a slotted spoon, transfer the potatoes to a plate.

2. Add the remaining 2 tablespoons of oil to the skillet. Add the onion and bell peppers, season with salt and pepper and cook over moderate heat, stirring occasionally, until tender and lightly browned, about 8 minutes. Add the chicken and sausage and cook until browned, about 5 minutes. Stir in the tomatoes, garlic, Worcestershire sauce, hot sauce and horseradish and cook until the sauce is thickened, about 5 minutes. Stir in the potatoes until warmed through. Season with salt and pepper and serve with biscuits.

WINE Juicy, medium-bodied red: 2013 Domaine Les Hautes Noëlles Hého Rouge.

Cornmeal-Crusted Trout with Caper–Cherry Pepper Pan Sauce

Total **40 min;** Serves **4**

- **2 Tbsp. extra-virgin olive oil**
- **2 medium shallots, minced**
- **1 garlic clove, minced**
- **¾ cup dry white wine**
- **2½ Tbsp. fresh lemon juice**
- **3 Tbsp. unsalted butter, cut into tablespoons**
- **4 small jarred hot cherry peppers, seeded and chopped**
- **1 Tbsp. finely chopped parsley, plus more for garnish**
- **2 tsp. salt-packed capers, rinsed and chopped**
- **½ tsp. finely grated lemon zest, plus lemon wedges for serving**
- **Salt and pepper**
- **½ cup all-purpose flour**
- **2 large eggs**
- **1½ cups fine cornmeal**
- **Four 6-oz. trout fillets with skin**
- **¼ cup vegetable oil**

1. In a medium saucepan, heat the olive oil. Add the shallots and garlic and cook over moderate heat, stirring, until softened, about 2 minutes. Add the wine and lemon juice and bring to a boil, then simmer over moderate heat until reduced to ½ cup, about 3 minutes. Remove from the heat and whisk in the butter, 1 tablespoon at a time, until incorporated. Stir in the hot peppers, 1 tablespoon of parsley, the capers and lemon zest and season with salt and pepper. Keep warm over very low heat.

2. Spread the flour in a shallow bowl. In another shallow bowl, beat the eggs. In a third shallow bowl, spread the cornmeal. Season the trout with salt and pepper. Coat each fillet in flour, then dip in the egg, letting the excess drip off, and then dredge in the cornmeal.

3. In a large cast-iron skillet, heat the vegetable oil until shimmering. Working in batches if necessary, add the trout fillets and cook over moderately high heat, turning once, until browned and crisp, about 4 minutes total. Transfer to paper towels to drain, then transfer to a platter. Spoon the warm sauce on top, garnish with chopped parsley and serve with lemon wedges.

WINE Zesty, fragrant Vermentino: 2012 Rocca delle Macìe Occhio a Vento.









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Everyday Masters

Chef-in-Residence April Bloomfield of The Spotted Pig in New York City





Irish Lamb and Turnip Stew

Active **45 min;** Total **3 hr**
Serves **8**

- **3 Tbsp. extra-virgin olive oil, plus more for the roux**
- **3½ lbs. boneless lamb shoulder, cut into 2-inch pieces**
- **Kosher salt and pepper**
- **2 small yellow onions, quartered**
- **8 garlic cloves, crushed**
- **6 Tbsp. all-purpose flour**
- **1 cup dry white wine**
- **4 cups chicken stock or low-sodium broth**
- **3 small turnips, peeled and quartered**
- **½ lb. medium carrots, cut into 2-inch pieces**
- **8 fingerling potatoes (¾ lb.)**
- **3 Tbsp. heavy cream**
- **Chopped parsley and mint, for garnish**
- **Crusty bread, for serving**

1. In a large enameled cast-iron casserole, heat the 3 tablespoons of oil until shimmering. Season the lamb with salt and pepper. Working in 3 batches, cook the lamb over moderate heat until browned all over, about 8 minutes per batch. Transfer to a large plate. Add the onions to the casserole and cook over moderate heat, stirring, until golden, about 5 minutes. Add the garlic and cook, stirring, until golden, about 2 minutes; transfer to the plate.

2. Remove the casserole from the heat and add enough oil to make 6 tablespoons of fat. Whisk in the flour, then return the casserole to the heat. Add the wine and bring to a simmer over moderate heat, scraping the bottom of the casserole. Stir in 4 cups of water along with the stock and whisk until smooth and simmering, then add the lamb and onion mixture and bring to a simmer. Cover and cook over moderately low heat, stirring occasionally, until the lamb is tender, about 1 hour and 45 minutes.

3. Add the turnips, carrots and potatoes to the casserole and cook until tender, about 30 minutes. Stir in the heavy cream; season with salt and pepper. Ladle the stew into bowls and garnish with chopped parsley and mint. Serve with crusty bread.

MAKE AHEAD The stew can be refrigerated for 3 days.

WINE Earthy, spicy Côtes du Rhône: 2012 Domaine la Garrigue Cuvée Romaine.

BLOOMFIELD: MICHAEL TUREK

Salad of the Month

Cortney Burns



At San Francisco's Bar Tartine, co-chef Cortney Burns has a cult following for her brilliant vegetable dishes. bartartine.com

Kale-Buttermilk Dressing for Roasted Vegetables

Total **25 min**
Makes **about 1 cup**

- **½ bunch green kale (4 oz.), stemmed, leaves torn into large pieces**
- **1 garlic clove, crushed**
- **½ small serrano chile with seeds, chopped**
- **1 oil-packed anchovy fillet, drained**
- **¼ cup plain whole-milk Greek yogurt**
- **2 Tbsp. buttermilk**
- **½ tsp. granulated onion powder**
- **⅛ tsp. ground cumin**
- **1 Tbsp. chopped dill, chives or parsley**
- **½ tsp. fresh lemon juice**
- **½ cup extra-virgin olive oil**
- **Kosher salt and pepper**
- **Roasted root vegetables (such as beets and sweet potatoes), for serving**

1. In a medium saucepan, bring ¼ inch of water to a boil. Add the kale, cover and cook over moderate heat until wilted, 3 minutes. Drain the kale and cool slightly, then squeeze dry.

2. In a food processor, combine the kale, garlic, serrano, anchovy, yogurt, buttermilk, onion powder, cumin, dill and lemon juice and pulse to combine. With the machine on, slowly drizzle in the olive oil until a thick dressing forms. Season with salt and pepper. Transfer the dressing to a bowl and serve with roasted root vegetables.

MAKE AHEAD The dressing can be refrigerated for 3 days.









Market Math

F&W's Kay Chun

1
Baked Shrimp Risotto

In an enameled medium cast-iron casserole, heat 2 Tbsp. **olive oil**. Add 5 sliced **garlic cloves** and 1 cup **arborio rice** and cook over moderate heat, stirring, for 2 minutes. Stir in 3½ cups **chicken broth;** bring to a boil. Cover and bake at 400° for 20 minutes, until the rice is tender. Stir in ½ cup grated **Parmigiano cheese,** 20 cooked shelled **shrimp** and 1 Tbsp. each **butter** and **lemon juice;** season with **salt**. Drizzle with **pesto sauce** and serve.

2
Coconut Rice Salad

In a saucepan, boil 2 cups **unsweetened coconut milk** with 1 cup **jasmine rice,** 1 Tbsp. **sugar** and ½ tsp. **salt**. Cover and cook over low heat until the coconut milk is absorbed, 20 minutes. Remove from the heat; let stand for 10 minutes. Mix the rice with 2 cups shredded **chicken**, 2 small chopped **Kirby cucumbers** and 1 Tbsp. **canola oil**. Garnish with chopped **scallions**.

3
Rice Breakfast Porridge

In a saucepan, simmer 4 cups **water** with 1 cup **steel-cut oats,** ½ cup **short-grain brown rice,** ⅓ cup **raw sugar,** 1 **cinnamon stick** and ½ tsp. **salt**. Cover and cook over low heat, stirring occasionally, until tender and thickened, 30 minutes. Top the porridge with caramelized **bananas** and chopped **almonds**.

4
Cumin Fried Rice

In a nonstick skillet, heat 3 Tbsp. **canola oil**. Add 1 sliced **shallot** and 1 Tbsp. minced **fresh ginger** and cook over moderate heat, stirring occasionally, for 3 minutes. Add 1 tsp. **cumin seeds,** 4 cups cooked **basmati rice**, one 14.5-oz. can drained **chickpeas** and 4 cups **curly spinach** and cook, stirring, until the spinach is wilted, 3 minutes. Season with **salt** and **pepper**.

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Cravings

Kierin Baldwin

Coconut Cream Pie

Active **1 hr 10 min**
Total **4 hr 10 min**
Makes **one 9-inch pie**

FILLING

- **1½ cups unsweetened coconut milk**
- **1 tsp. unflavored powdered gelatin**
- **2 cups heavy cream**
- **⅓ cup sugar**
- **1½ Tbsp. corn syrup**
- **½ tsp. kosher salt**
- **1 vanilla bean, split, seeds scraped**
- **2½ Tbsp. cornstarch mixed with 2 Tbsp. water**
- **2 Tbsp. unsalted butter**
- **¼ cup plus 2 Tbsp. sweetened cream of coconut, such as Coco Lopez**

CRUST

- **3 cups Nilla Wafer cookies, crushed (1 cup packed)**
- **½ cup sweetened shredded coconut**
- **1 Tbsp. all-purpose flour**
- **1 Tbsp. granulated sugar**
- **1 Tbsp. turbinado sugar**
- **½ tsp. kosher salt**
- **5 Tbsp. unsalted butter, melted**
- **Toasted coconut flakes, for garnish**

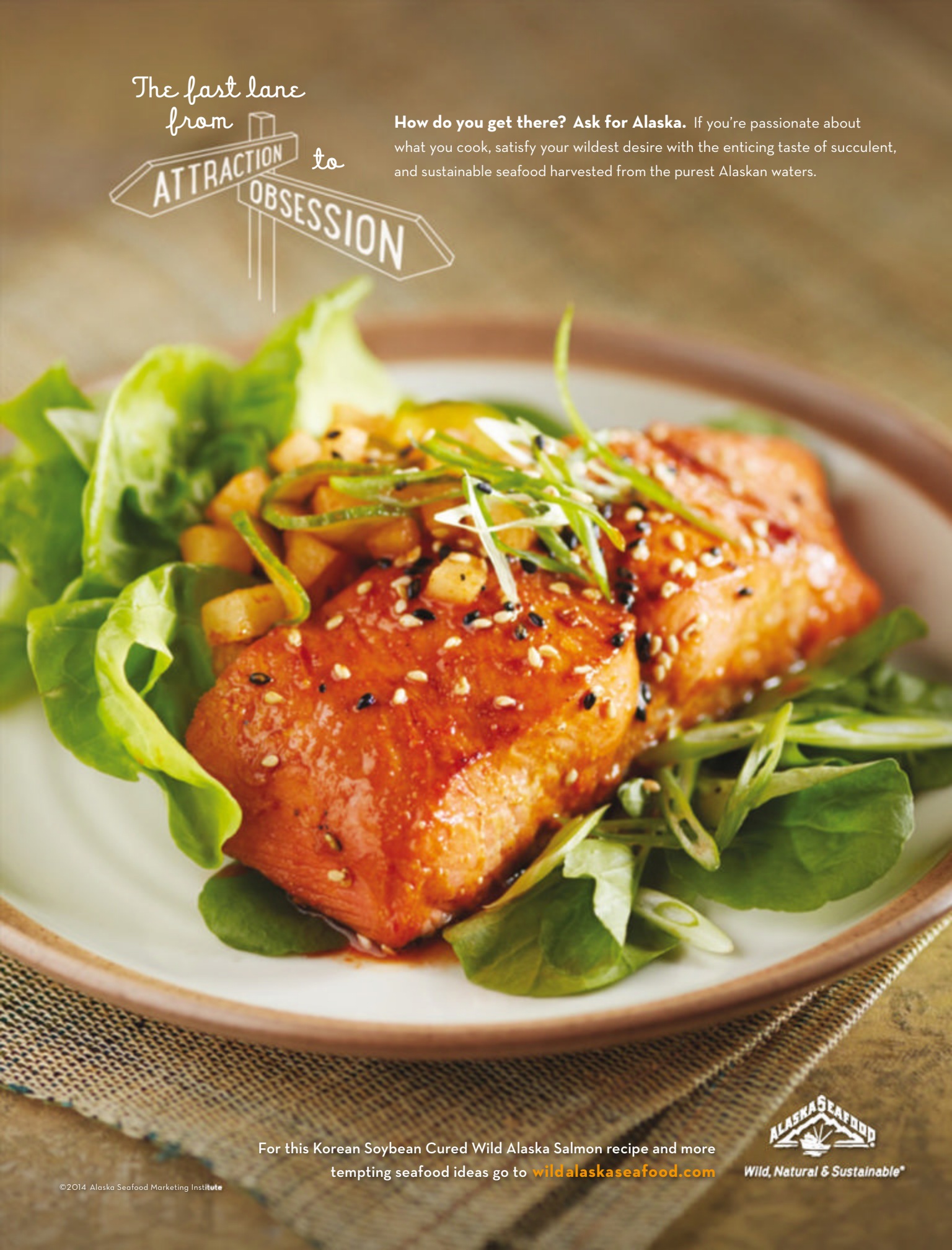
1. Make the filling In a small bowl, whisk ¼ cup of the coconut milk with the gelatin. In a medium saucepan, combine the remaining 1¼ cups of coconut milk with ½ cup of the heavy cream. Add the sugar, corn syrup, ¼ teaspoon of the salt and the vanilla bean and seeds; bring just to a simmer over moderately high heat. Whisk in the cornstarch mixture and bring to a boil, then simmer, whisking constantly, until thickened, about 3 minutes. Remove from the heat and whisk in the gelatin mixture until dissolved, then whisk in the butter and ¼ cup of the cream of coconut. Strain the filling through a fine sieve into a heatproof bowl; discard the vanilla bean. Press a sheet of plastic wrap directly on the surface of the filling and let cool, then refrigerate until well chilled, about 1 hour.

2. Meanwhile, make the crust Preheat the oven to 325°. In a food processor, pulse the cookies with all of the remaining ingredients except the toasted coconut. Transfer the crumbs to a 9-inch metal pie plate. Press the crumbs evenly over the bottom and up the side of the pie plate, forming a ¼-inch edge over the rim of the plate. Bake the crust for 10 to 12 minutes, rotating halfway through baking, until dry and lightly browned. Let cool.

3. In a large bowl, using an electric mixer, beat the remaining 1½ cups of heavy cream, 2 tablespoons of cream of coconut and ¼ teaspoon of salt until firm. Fold one-third of the whipped cream into the filling until no streaks remain. Spread the filling in the crust. Mound the whipped cream on top and refrigerate the pie for at least 2 hours. Garnish with toasted coconut before serving.

MAKE AHEAD The pie can be refrigerated overnight.

Kierin Baldwin, the stellar pastry chef from New York City's Locanda Verde, is a self-proclaimed pie geek.
locandaverdenyc.com


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BIG IDEAS



PHOTOGRAPHS: SHAWN LINEHAN

FIELD NOTES

Taming the Habanero

Scientists are using ancient methods to create delicious new vegetable crossbreeds—and chefs are taking notice. By **Bill Donahue**

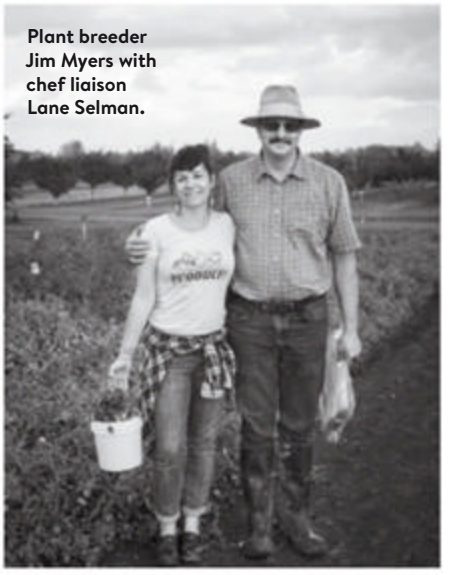
The mere aroma was enough to raise the hairs on the back of my neck. Habanero peppers! A thick, fruity sweetness wafted out of the kitchen, invading my nostrils, and into my mind crept a haunting memory: a bully we will call Tommy Marcioni pinioning me to the ground in eighth grade, grinding a handful of super-duper-spicy hot peppers into my face, until my whole mouth screamed like a wound...

Now Matt Louis, the chef at Moxy, an inventive restaurant in Portsmouth, New Hampshire, stepped toward my table. Slowly, grinning diabolically, he brandished a little decanter containing bubbling habanero broth. Louis trickled the liquid into a bowl containing the fixings for a soup: romanesco, brussels sprouts, calamari. The waitstaff hovered nearby,

watching. Even though I'd put Louis up to this stunt–even though I had provided him with a jar of the habaneros, samples of a new variety that had been bred for flavor instead of five-alarm fire–I couldn't help feeling a little nervous. I took a spoonful of soup, then another. The taste of the habaneros was tropical and fruity, with hints of pineapple and orange. Without the intense heat, I could savor the sweetness.

Was this a GMO trick? Was I destined to glow in the dark? Not at all. These mild habaneros were the work of an old-school plant breeder at Oregon State University, Jim Myers. Using methods that date back to the days of the pharaohs, he had strategically crossed habanero plants in his test garden, selecting for the mildest chiles. Working with several hundred plants over nine years, he bred out the heat.

Unlike most modern plant breeders, Myers doesn't try to improve yield, uniformity, storability and ease of shipping. Along with a small but growing number of horticulturists, his aim is flavor. He keeps both pro and amateur cooks and growers in mind when creating new crossbreeds that he hopes will offer both uncommon taste and versatility in the kitchen; for his mild habaneros, he even consulted with chefs. And he is finding an audience. His mild habanero seeds won't be available to the public until 2016, but his Indigo Rose tomatoes, sweet and purple as plums, are already offered by companies like Johnny's Selected Seeds. Meanwhile, his peers at places like Cornell University's Vegetable Breeding Institute are introducing their own innovations to the world, like the honeynut squash–smaller than a butternut (each is a single serving), and more flavorful.



Plant breeder Jim Myers with chef liaison Lane Selman.

"Was this a GMO trick? Was I destined to glow in the dark? Not at all. These mild habaneros were the work of an old-school plant breeder."

Culinary breeding–from a chef's perspective–began, arguably, in 2006, with a dubious gambit. Dan Barber, the chef and visionary behind Blue Hill at Stone Barns in Westchester, New York, decided that he wanted to grow carrots that tasted a bit like almonds. With an almost religious sense of purpose, he gave the Stone Barns farmers an envelope filled with almond dust, sent to him from Burgundy, and instructed them to sprinkle it on the carrot crops. Then, as Barber later wrote in the *New York Times,* he dreamed of appearing on magazine covers, hero-like, "in a cowboy hat, beneath the headline, 'Chefs as Farmers-Scientists: The New Frontier in Food.'" His carrots lacked even a whisper of almond flavor, though, and Barber soon realized he needed to seek wisdom and guidance from plant breeders. He summoned 15 of them (including Myers) to Stone Barns in 2013 for a global chef summit called G9. His new book, *The Third Plate,* is a manifesto of sorts on the importance of culinary breeding. He beseeches the food cognoscenti to champion this cause; otherwise, he told me, "We're in the hands of big seed-slash-chemical companies who just want to dumb down our vegetables, so we're growing the same carrots in North Dakota as we are in Florida."

Chefs are also beginning to connect with plant breeders on a grassroots level, at least in Portland, Oregon, thanks to the efforts of an entomologist named Lane Selman. Selman's job title is quite wonky: She is a research coordinator in the horticulture department at Oregon State University. She's also a hip, hyperactive innovator with a cult following. In 2012, while she was in her thirties, she launched the Culinary Breeding Network, with the stated goal of "bridging the gap between breeders and eaters." Her first gesture was a party at which Portland's top chefs tasted Myers's habaneros. Later, she began inviting chefs to her test plots outside Portland, to taste obscure and experimental kales and beets. And last fall, she gathered 12 chefs and paired each one with a plant breeder who supplied a new vegetable variety that the chef in turn worked into a recipe.

When I ate at Moxy last fall, it was Selman who had UPS'd the habaneros to New Hampshire, along with what seemed like thousands of pages of arcane information. Somehow she made clear that these peppers were more than just produce. And I realized I needed to fly west to talk with their promoter.

Selman is 5'1", with black bangs and a flittering, pixie-like manner. When I met her for dinner on a rainy evening at a Portland restaurant called Firehouse, she was wearing chunky high-rise shoes and cuffed jeans. A delicate tattoo of birds in flight adorns her clavicle. She spoke with ardent impatience about mainstream plant breeders, who tend to work for large land-grant universities in close concert with big seed companies. "They never consider taste," she said, "and taste is a right–we're all entitled to things that taste good."

Scattered around us, on shelves, in corners, were dozens of lovely, strange squash. Some were long and columnar, with bulging bells at the base; others were round and green with rough skin, like the hide of an alligator. But looks weren't the main point; taste was. Just four days earlier, Selman had hosted a "squash party" here, introducing chefs to this array of gourds, some of them bred to be delicious when eaten raw.

Firehouse was just our first stop. With Selman, any endeavor involving food is epic–a journey. After a few days of vegetable explorations we finally ended up at tiny Le Pigeon to have lunch with Jim Myers. Myers is a modest, mustachioed middle-aged man, and he explained himself in the gentlest way. "I first encountered mild habanero peppers in the late 1990s," he said, "at a restaurant in Tanzania." Myers, of course, wanted some seeds, so he could adapt them for Oregon's cool, rainy climate. "I asked the chef," he said, "but there was a language barrier. So then I just waited until 2005, when a colleague of mine at Texas A&M released"–Myers's eyebrow waggled now, lustily–"some mild habanero germplasm."

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New Vegetable Crossbreeds

Oregon State's Lane Selman reveals the most promising and disappointing innovations from the Culinary Breeding Network.

HITS

BADGER BEETS

These colorful beets have rings in brilliant yellows, oranges and reds and are mild and sweet enough to eat raw.

STOCKY RED ROASTER PEPPERS

The rounded top simplifies chopping and deseeding; the smooth, unwrinkled skin roasts evenly and peels easily.

HONEYNUT SQUASH

Thin-skinned yet naturally resistant to insects, this deep orange squash resembling a mini butternut is a single-serving size.

MISSES

LEAF CELERY

Grown for the leaves, not the stalks; breeders tried with mixed results to tone down the bitterness. "Chefs' reactions ranged from hopeful to hopeless," Selman says.

SIBERIAN KALE

Though sweet and tender, the broad, flat leaves look more like collard greens than kale. Many cooks found that off-putting.

AJÍ DULCE CHILES

Experiments in growing tropical peppers have been challenging in Portland's cool climate. —CHELSEA MORSE

I don't want to use the word *geek*, but I will say that Myers was wearing a digital watch with a calculator on it. Meanwhile Le Pigeon's sous chef, 30-year-old Andrew Mace, was wearing a black baseball cap with the brim canted upward, yo. He hailed from a different planet, it seemed, but Selman, the punk-rock agronomist, had brought these two men together in thrall of the mild habanero pepper. And now in the kitchen Mace was preparing a crudo with the habaneros. It tasted, as Selman put it, "like you're on an island somewhere, in a warm breeze."

We ate. We took pictures of peppers. Then Mace told me he'd just ventured out to Selman's test plots, to pick habaneros in the rain. Le Pigeon's pastry chef, Nora Antene, had already experimented with a different kind of mild habanero in a sherbet. But Mace was just now wrapping his mind around the possibilities.

"These breeders," he said, "it's like they're using a mixing board. Ten years from now, maybe we'll have radicchio that's not bitter, or eggplants with edible skin. Who knows where this whole thing will take us?"

Bill Donahue has written for the Atlantic, *the* New York Times Magazine *and* Wired. *He lives in Portland, Oregon.*



Crispy Fried Chicken

A SWEET-TEA BRINE, A BUTTERMILK SOAK AND A FRY IN LARD: CHEF JOSH GALLIANO DETAILS THE STEPS BEHIND HIS RENOWNED RECIPE.



CHEF JOSH GALLIANO believes that perfect fried chicken can't be rushed. His secret is this careful sequence: He plumps the bird in a sweet-tea brine overnight and then tenderizes it with a buttermilk–hot sauce soak the next day. Then he dredges it in a mix of cornmeal, cornstarch and flour (plus his own homemade Creole seasoning) and fries it to a shattering crisp in a cast-iron skillet of lard. The result is so delicious—the crunch, the briny juiciness, the peppery spice—that his special monthly fried chicken dinners at the Libertine in St. Louis have sold out for nearly two years running, and now he's planning a second restaurant that will focus on his renowned recipe. "There is a difference when you brine, when you soak, when you fry with lard. That's the traditional flavor," Galliano explains. Coming from a long line of chicken fryers, he respects that tradition: His mother grew up in rural Mississippi, where every Sunday it was her job to go out back and "get the chicken" so her grandmother could fry it up in a big cast-iron skillet. "My customers say my chicken reminds them of the fried chicken their families made when they were young," he says, "and that's a hell of a compliment."

–SARAH DiGREGORIO

PHOTOGRAPHS: TARA FISHER; FOOD STYLIST: JORDAN BOURKE

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Creole-Spiced Fried Chicken

Active: 1 hr; Total: 13 hr; Serves 8

Frying chicken in lard makes the crust light, crunchy and less likely to get soggy as it cools. Look for rendered fresh lard at butcher shops and farmers' markets.

8 cups water

10 bags English Breakfast or other black tea

¼ cup kosher salt

2 Tbsp. sugar

¾ cup JG Creole Spice Mix (recipe at right)

Two 3½-lb. whole chickens, cut into 8 pieces each

2 cups buttermilk

¼ cup Louisiana-style hot sauce, such as Crystal or Tabasco

2 large eggs

2 cups all-purpose flour

2 cups fine cornmeal

¼ cup cornstarch

Rendered pork lard or canola oil, for frying

Make the Tea Brine and Buttermilk Soak

1. In a large saucepan, combine the water with the tea bags, salt, sugar and 2 tablespoons of the Creole spice mix. Bring just to a boil, stirring to dissolve the salt and sugar. Let the tea steep for 10 minutes. Discard the tea bags and let the brine cool completely. Submerge the chicken in the brine, cover and refrigerate for at least 6 hours.

2. In a large bowl, whisk the buttermilk with the hot sauce, eggs and 2 tablespoons of the Creole spice mix. Drain the chicken, discarding the brine. Add the chicken pieces to the buttermilk mixture, turning to coat completely. Cover the bowl and refrigerate for at least 6 hours or overnight.

Fry the Chicken

3. Preheat the oven to 250°. Line a large rimmed baking sheet with wax paper. In a large bowl, whisk the flour with the cornmeal, cornstarch and remaining ½ cup of the Creole spice mix. Remove the chicken from the buttermilk, letting the excess drip back into the bowl. Dredge the chicken in the flour mixture, then transfer to the prepared baking sheet.

4. In a large, heavy saucepan, heat 1½ inches of lard to 350°. Set a rack over a rimmed baking sheet. Add half of the coated chicken to the lard and fry at 300°, turning occasionally, until golden brown and an instant-read thermometer inserted in the thickest part of each piece registers 155°, 15 to 18 minutes. Transfer the fried chicken to the rack and keep warm in the oven while you fry the second batch.

WINE Lively, citrusy sparkling wine: NV Joseph Cattin Crémant d'Alsace Brut.

There are four layers of peppery flavor here, including paprika and cayenne.

JG Creole Spice Mix

Makes 1¼ cups

This recipe makes ½ cup more than you'll need for the chicken. You can also triple or quadruple it to use in gumbo or jambalaya, or mix it one to one with light brown sugar to use as a dry rub for brisket, ribs or pulled pork.

In a medium bowl, whisk together ½ cup **paprika**, ¼ cup plus 2 Tbsp. **kosher salt**, 2 Tbsp. **garlic powder**, 2 Tbsp. **onion powder**, 2 Tbsp. **black pepper**, 1 Tbsp. **dried thyme**, 1 Tbsp. **dried oregano**, 1 Tbsp. **dried basil**, 2 tsp. **cayenne**, 1½ tsp. **sugar** and ½ tsp. **crushed red pepper** until evenly combined.

A Pictorial Tutorial



1

BRINE THE CHICKEN in a solution of black tea, salt and sugar for 6 hours.



2

MIX BUTTERMILK, hot sauce and eggs to make a flavorful, tenderizing soak for the chicken.



3

COMBINE CREOLE SPICES with flour, cornmeal and cornstarch for a seasoned crust.



4

FRY THE CHICKEN in batches in rendered lard until it's golden brown and crisp.

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What a Wine Label Won't Tell You

HAS A WINE BEEN ENHANCED WITH TANNIN POWDER OR MEGA PURPLE? THERE'S NO WAY TO KNOW FROM LOOKING AT THE LABEL. F&W'S **MEGAN KRIGBAUM** REPORTS.

The Truth About Additives

Anyone with the romantic notion that fermented grape juice just magically turns into wine will be astonished by the use of additives in everything from supermarket brands to cult bottlings. Since the earliest days of winemaking, producers have added a little sugar to amp up alcohol and body, employed sulfur dioxide as a preservative and used isinglass (made from fish bladders) to filter out sediment. Today, producers use acids, enzymes and more to correct perceived imbalances or help a wine look or taste more appealing.

NUMBER OF U.S. GOVERNMENT-APPROVED WINE ADDITIVES:

MORE THAN

80

What's Inside That Bottle?

A look at five commonly used wine additives.



When a wine is low in natural acidity (a frequent problem in hot years and warm growing regions), many winemakers will supplement with acid powder.



Just a little Mega Purple, a superconcentrated substance made from grapes, will turn pale reds into inky ones.



All wines have at least some sulfites—they're a by-product of fermentation—but most winemakers also add a small amount as a preservative.



When red wines are too flabby and need structure, some producers add tannin powder made from grape skins.



Many winemakers buy cultured yeasts for their wines for dependable fermentation; others rely on the natural airborne yeasts that live on grape skins in the vineyards.

A Labeling Tell-All

Even as food-labeling laws become more stringent, winemakers face no legal requirements to reveal the ingredients in each bottle. Paul Draper, winemaker at California's Ridge Vineyards, thinks that's a problem. "My hope is that labeling would encourage winemakers to use fewer additives and do less processing, just because they wouldn't want to have a lengthy list on their label," he says. Draper unabashedly reveals the ingredients in his wines, from the "hand-harvested, sustainably grown grapes" to the calcium carbonate he had to use when acidity was too high in his Cab—and even the 1.4 percent of water he added to one vintage of Zinfandel that he thought was a touch too ripe.

Wines to Try

THESE BOTTLES WERE ALL PRODUCED WITH MINIMAL WINEMAKER INTERVENTION

NATURALLY HIGH ACIDITY
2014 Peter Yealands Sauvignon Blanc ($16) No acid powders were necessary in making this remarkably vibrant, tropical-scented New Zealand white.

NATIVE YEAST
2012 Selvapiana Chianti Rufina ($17) This winery, located in a corner of the Chianti region called Rufina, stopped purchasing yeast in 1992. Instead, natural wild yeasts ferment its lively, earthy wines.

MINIMAL SULFUR
2013 Donkey & Goat Sluice Box ($28) Jared and Tracey Brandt use a teeny amount of sulfites in their wines. For this ripe and incredibly aromatic white blend from California's emerging El Dorado region, they added only one-sixteenth the legal limit.

DEVON JARVIS



PHOTOS: KRISTINE LARSEN

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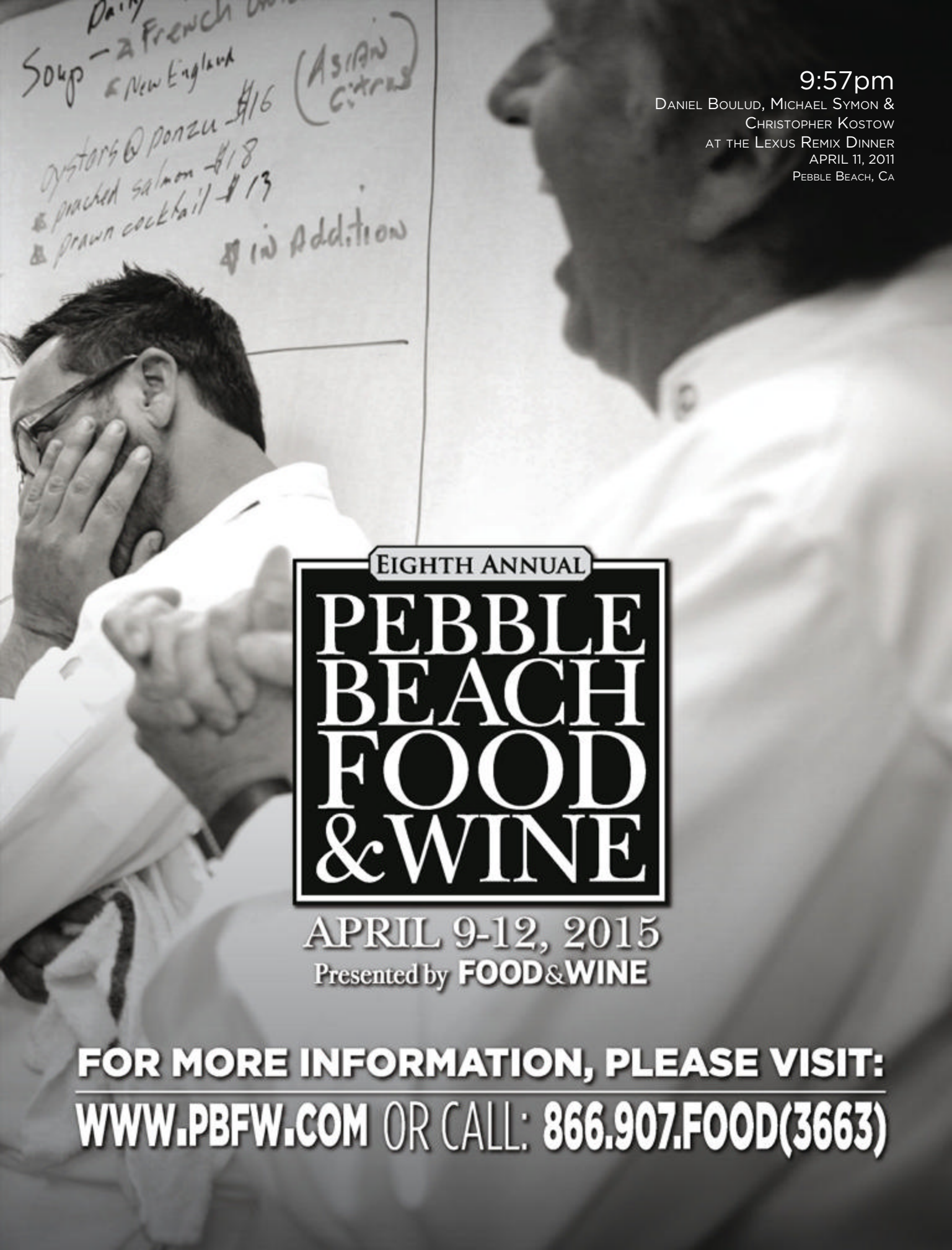
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All the Wine Basics in 1,047 Words

SHAYN BJORNHOLM, EXAMINATION DIRECTOR FOR THE COURT OF MASTER SOMMELIERS, RECOUNTS HIS BLIND-TASTING TRIUMPHS AND TELLS HOW ANYONE CAN SOUND LIKE A WINE EXPERT.

INTERVIEW BY **RAY ISLE**

Q. You test would-be Master Sommeliers on their wine knowledge. What tips would you give everyday wine drinkers who want to learn more about wine?

A. First, have faith in your own taste. Look, the minute you bite into a burger, you know if you like it or not. Doesn't matter if Guy Fieri made it or Daniel Boulud. Wine's the same.

Q. What regions should people concentrate on first?

A. Start with the classic regions–they've figured out their identities over hundreds and hundreds of years. So learn about Bordeaux, Burgundy, Champagne, Napa, and the Mosel in Germany. That gives you parameters so you can say, "OK, this is the standard. If I taste the rest of the world, I have these as a yardstick."

BJORNHOLM BLIND-TASTED APPROXIMATELY

10,000

wines while preparing for the Master Sommelier exam

Q. What will tasting Bordeaux do if you're just learning about wine?

A. Bordeaux from the Médoc gives you the epitome of Old World Cabernet Sauvignon. It's a leaner, more elegant, more restrained style, versus, say, big, ripe Napa Valley Cabernets. You learn the European take on one of the world's most popular wine grape varieties–which is a pretty big chunk of the history of wine in the world, too.

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Q. For Burgundy, what would you recommend as a great introduction?

A. The wines of Volnay, in the Côte de Beaune. They show people the elegant side of Pinot, but they also have the underlying structure and power people don't really realize Pinot Noir can have.

Q. What about the five most important grapes to start with?

A. Pinot Noir or Nebbiolo, the Cabernet family (starting with Cabernet Sauvignon) and Chardonnay. Then throw in Riesling, because of its pure deliciousness, and one wacky grape: could be Trousseau, Grüner Veltliner, Grenache–there are lots of options.

NUMBER OF PEOPLE WHO TOOK THE 2014 MASTER SOMMELIER TEST:	NUMBER WHO PASSED:
165	6

Q. What don't most people know about Cabernet?

A. The fact that it should be a tad green! A little bit of green pepper. People assume vegetal flavors and wine don't really go together; they think, "Oh, fruit, that's it." But fruit alone doesn't taste like Cabernet to me. The wine should have a little greenness, too, to balance the oak and the fruit. That's the secret of great Cabernet.

Q. You mentioned including a "wacky" grape—which is your pick?

A. Grüner Veltliner, only because it perplexes me! It can be powerful and rich, austere and stony, you name it. It's one of those varieties that I don't always identify when I'm tasting wines blind.

Q. "Blind tasting" is tasting wines without knowing what they are and trying to identify them down to the vintage, region and even producer. Is it just a wine-geek parlor trick?

A. If you want to show off your great wine-tasting abilities and act like you're cool because of it, I've got a Dungeons & Dragons set for you, too. But for regular wine drinkers, blind tasting just to determine what you think of a wine, without any preconceptions, is one of the most fun things you can do. The point isn't to be able to say, "That's clearly a 1971 Château whatever."

Q. What's your greatest blind-tasting triumph?

A. In 2003, in a class, I blind-tasted a 1998 Trimbach Cuvée Frédéric Emile Riesling and just *knew* it. Region, producer, year, that it was grand cru, everything. The Master Sommelier there told me, "If a person could get a perfect score on a wine, you just did." I'm still talking about it. You don't forget your first love, and you don't forget the first blind wine you nailed either.

Q. What's the best way to sound like a wine expert, even if you aren't?

A. I always say, if you don't know anything about wine, pick up a glass, swirl it, say, "Yes," sort of thoughtfully, swirl it again and say, "Hmm–no," then swirl it again and say, "Well, maybe." Then put the glass down and walk away.

Q. How did you get started in wine?

A. My career is totally schizophrenic. I have an architecture degree from the University of Virginia, but I wanted to be an actor. So in New York, in '94, '95, '96, that's what I did. But what do you do as an actor in New York? You wait tables. Then, after I quit acting–I burned out on the lifestyle, basically–I moved back to Seattle and took a sommelier course. The universe must have had a plan for me, because Canlis hired me as a sommelier–I guess for my charm and personality, because I didn't know a thing about wine!

7 favorite bottles

Bjornholm's choices below are the perfect introductory course for anyone who is interested in wine.

2013 JAMEK RIED ACHLEITEN GRÜNER VELTLINER FEDERSPIEL ($33)
"Grüner perplexes me, but I love it. This single-vineyard wine from Austria's Wachau region shows Grüner's white pepper character, and it also has the rich texture the wine is known for."

2012 LOUIS MICHEL & FILS CHABLIS PREMIER CRU FORÊTS ($38)
"This is a superclean, crystalline Chardonnay—white Burgundies, Chablis included, are Chardonnay—but it's not so austere that it's going to rip your teeth off. And $38 for a premier cru? Wow."

2012 FRANCISCAN ESTATE MAGNIFICAT ($55)
"For Cabernet-based Napa wines, you're looking for riper black fruit, fewer green notes, and riper, softer tannins. The 2012 vintage is great, and this balanced red illustrates that Napa style perfectly."

2012 VASSE FELIX HEYTESBURY CHARDONNAY ($55)
"The other side of the Chardonnay range would be a richer-style version, like this one from Western Australia. It's also a lesson in winemaking. Oak-barrel aging gives vanilla and toast; nine months of aging on lees (the spent yeasts from fermentation) adds textural richness and weight."

2011 CHÂTEAU GRUAUD LAROSE ($75)
"With Bordeaux, price really does play a huge role in terms of quality, so you have to spend a little. Gruaud's wine is a little more fruit-forward than it once was, but in the 2011 vintage it still has all those graphite and green pepper notes that exemplify the region."

2010 DOMAINE MARQUIS D'ANGERVILLE VOLNAY VILLAGES ($75)
"One of the greatest producers in the town of Volnay in Burgundy. This village wine perfectly expresses the lifted, floral, bright side of Pinot Noir."

NV DELAMOTTE BLANC DE BLANCS CHAMPAGNE ($78)
"How can you learn about wine without tasting at least one Champagne? This is a beautiful entry-level bottling in a really clean and crisp style."



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How to Improve Your Wine Memory

YOU'RE AT DINNER. YOU'RE NOT CONCENTRATING TOO HARD. YOU HAVE A WINE YOU LIKE. HOW DO YOU REMEMBER, A WEEK LATER, WHAT YOU DRANK?

BY **CHARLES ANTIN** ILLUSTRATIONS BY **PETER ARKLE**

One Writer's Highly Personal Memory Prompts



GO-KART + GINGERBREAD HOUSE + DAVID HASSELHOFF = KARTHÄUSERHOF EITELSBACHER RIESLING



JOLLY WAR VETERAN = JOLIVET SANCERRE



LIFE-SIZE KEN DOLL + MICHAEL JACKSON = KENDALL-JACKSON CHARDONNAY

THE BIGGEST wine complaint I hear from my friends (normal, functioning members of society, most of them, with normal memories) is that they can't remember this one bottle they loved. Because I work in the wine business, I often field the questions: "I had it at this new restaurant. It was white. Maybe from Italy? Do you know it?" My friends also can't ever quite remember why they liked the wine–whatever it was–either. Was it the flavor? The finesse? The way the wine went with the food?

But that's how it happens. You're at dinner. You're not concentrating too hard. You're possibly a little bit buzzed. How do you remember, a week later in a wine shop, what you were drinking?

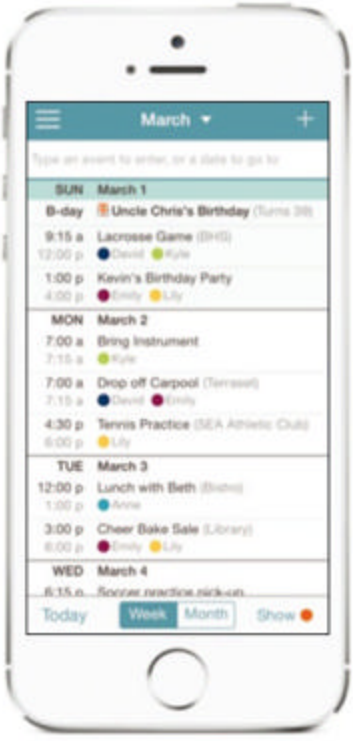
Gerard Basset, a Master of Wine and a Master Sommelier, ran into a version of this problem when he was studying for the Best Sommelier of the World competition. His answer was to enlist the help of Dominic O'Brien. O'Brien is a memory champion; he's a Guinness World Record holder for his recall skills–for instance, remembering 2,808 playing cards (54 decks) in order after seeing each card only once. Basset needed help memorizing confusing sake terms, so what O'Brien did was teach him to assign visually arresting images to phrases he needed to remember. Yamada Nishiki, for instance, is a type of rice. For Basset, it became a motorcycle (Yamaha) being ridden by a scantily clad (cheeky) woman. Whether that means Basset has a fondness for Harley-riding girls in bikinis is beside the point; the image worked and helped him win the contest.

Basset was studying for an exam where the goal was to memorize an encyclopedia of wine terms, not exactly an everyday pursuit. But the same approach can work for anyone. I love German wines, but the names are usually long and extremely consonant heavy. Half the time I can't recall them at all. So I

Charles Antin auctions wine for Christie's and writes about wine and beer for various publications.

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sat down with Stephen Bitterolf, an importer who more or less specializes in hard-to-pronounce wines. For me, his Karthäuserhof Eitelsbacher–hard enough to pronounce, much less remember–ended up as a go-kart (*kart*) zooming in circles around a gingerbread house (*häus*) with David Hasselhoff (*hof*) driving it. Bingo: Karthäuserhof. It was a visually arresting, memorable image, and it came to me quickly, like a wine Rorschach. This tactic works just as well for more straightforward wines. Suppose you want to remember a Jolivet Sancerre you had. Maybe the image would be a laughing guy in army fatigues: a jolly vet(eran). Kendall-Jackson Chardonnay? Picture a life-size Ken doll standing next to Michael Jackson (you have to admit, it's an unforgettable image).



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MOMO SAUVIGNON BLANC

But simply remembering the name of the wine may not be enough. How do you remember the taste of a wine? How do you lock it in your head, so you know what to ask for later?

To answer this question, I decided to test my parents. Like many people, they're a little nervous and skeptical about their wine knowledge, or lack thereof. If they enjoy a wine in a restaurant, they want to be able to remember the name of the wine, but even more than that they want to remember what it was they liked about it. And yet they long ago gave up on this feat as being beyond them. So I decided that would be my challenge: to train my parents to remember wine in such a way that their enjoyment of it would actually increase, too.

I chose three wines for us to taste, all Sauvignon Blancs: a 2013 Napa Cellars from Napa Valley, a 2013 Momo from Marlborough, New Zealand, and a 2013 François Chidaine Sauvignon de Touraine, from France. None was more than $20, and all, I hoped, would show certain characteristics of their home countries.

My parents were surprised by how different the three wines were, and even more surprised by how easy it was to tell the difference tasting them side by side. I recommended that they concentrate on first impressions, regardless of what those might be. For my mother, the Chidaine suggested grapefruit. For my father, the New Zealand wine had a fishy component. (NB: I'm pretty sure the wine didn't have a fishy component, but for the purposes of this experiment, I encouraged it.) I also encouraged them to link the taste of the wine to its name. My mother felt the Momo smelled of flowers, specifically lavender. Since Momo, to her, sounded like *kimono*, it made her think of a lavender-print kimono she had as a kid, which she'd loved. Nothing complicated–just an image to go with the wine, to cement the memory of its aroma (lavender) and name (Momo) in her mind. It came to her on the fly, and it stuck.

A day later, I had my parents taste the same three wines, but without letting them know which was which. And they both, much to their (and my) delight, correctly identified all three, specifically because of the images they'd filed away to go with them.

"The verbalization helped and forced me to remember," said my mother. My father agreed. And then, he exclaimed–actually exclaimed–"I'm so impressed with myself!"

Not only did they nail the wines based on descriptors they remembered, but they were also able to link these flavors to the names and regions of the wines. The Chidaine wine had the highest acidity, which my father perceived as an obvious lime component. The Napa Cellars, on the other hand, riper, softer and more melony, wasn't to his taste. He now had the language to say, "I enjoy Sauvignon Blanc from Touraine more than from Napa."

They agreed, too, that the trick I'd taught them was remarkably useful. If, for instance, my mother enjoyed a wine in a restaurant, she knew now to link her first impressions of that wine both to the event–why she was at the dinner–and also to the name on the bottle. At the same time, using these memories didn't require much ingrained knowledge. Before going in, for example, neither of my parents knew that Touraine is in the Loire Valley. Yet, by remembering the wine, they could say that they enjoyed a Touraine, even without knowing whether "Touraine" was a producer, a region or a grape.

Simply remembering the name of a wine may not be enough, though. How do you remember the taste?

The most intriguing thing may be how long these memories last. About four months after our experiment, I got a text from my dad. He was out with my mother for dinner, and he'd blind-tasted her on two white wines. She nailed them both–a Sauvignon Blanc from Touraine, and one from New Zealand. I pointed out to him that not only was she able to remember them, but he was, too: He'd looked at the restaurant's wine list, and of all the wines on it, those were the two he ordered. He knew that both he and my mother would enjoy the flavors and qualities of French and New Zealand Sauvignon Blanc.

Take this thinking too far and you might fall into a philosophical argument about what learning is and how the idea of it has changed over time–or how much of learning about wine is training your memory to retain names, regions and grapes, and then deciding where your taste allegiances lie within those memories. Or you could put those questions aside, taste a wine and simply tie it in your mind to something you'll never forget, like the memory of a lavender-print kimono you got as a gift when you were a child.



LEARN



TASTE



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COOKING SCHOOL CONFIDENTIAL

Whether located on a working farm or in an industrial-style city space, the newest American cooking schools offer a uniquely personal experience. Here are six of the best, with their most delicious recipes and useful tips.

BY **SARAH DiGREGORIO**
WITH **M. ELIZABETH SHELDON**

FOOD PHOTOGRAPHS BY **CON POULOS**





HOW TO KEEP FRITTERS INTACT WHILE FRYING:
Arrange the apple and dough in layers.

HOW TO MAXIMIZE APPLE FLAVOR IN A FRITTER:
Cook fruit in apple cider before frying.

HUNGRY FOR MORE?
Get this fritter recipe at foodandwine.com/glazed-apple-fritters.

At Seattle's The Pantry, pastry chef Brandi Henderson, CENTER, teaches students how to make her excellent apple fritters. "We don't dumb things down," she says.

THE PANTRY

This Seattle school was created for home cooks who aspire to be David Chang, not Julia Child. Says 36-year-old founder Brandi Henderson, "My generation is more interested in pork buns than beef bourguignon." Henderson, an architect turned pastry chef, opened The Pantry with ambitious students in mind; classes are wildly eclectic and go deep. "We don't dumb things down," she says. "If making pork stock for ramen takes four days, we say take four days." *thepantryseattle.com.* (For another recipe from The Pantry, go to page 114.)

LOCATION: Seattle	**MAX CLASS SIZE:** 15	**COST:** From $75 for a three-hour class

Eton Mess

Active **1 hr;** Total **5 hr 15 min**
Serves **8**

Named for the iconic English boarding school where it originated, Eton Mess is a multi-textured dessert featuring strawberries, meringue and whipped cream. In this modern version from The Pantry, they add pink peppercorns to the meringue and cardamom to the whipped cream, and they swap baked rhubarb compote for the fresh strawberries.

CARDAMOM CREAM

- **2¼ cups heavy cream**
- **1 Tbsp. sugar**
- **10 cardamom pods, cracked**

PINK PEPPERCORN MERINGUE

- **¼ vanilla bean, split and seeds scraped**
- **½ cup superfine sugar**
- **2½ tsp. cornstarch**
- **3 large egg whites**
- **Pinch of kosher salt**
- **1 Tbsp. pink peppercorns, coarsely ground**

RHUBARB COMPOTE

- **½ vanilla bean, split and seeds scraped**
- **¾ cup sugar**
- **2 lbs. rhubarb, cut into ¾-inch pieces**
- **¼ cup Grand Marnier**
- **¼ tsp. kosher salt**
- **Cocoa nibs, for sprinkling**

1. Make the cardamom cream In a medium saucepan, combine the cream, sugar and cardamom and bring just to a simmer. Remove from the heat, cover and let stand for 1 hour. Strain the cream through a fine sieve into a large bowl. Cover and refrigerate for 4 hours.

2. Meanwhile, make the meringue Preheat the oven to 200° and line a large baking sheet with parchment paper. In a small bowl, rub the vanilla seeds into the sugar and stir in the cornstarch. In a stand mixer fitted with the whisk, beat the egg whites with the salt at medium-high speed to soft peaks. Gradually beat in the vanilla sugar, then beat at high speed until the whites are stiff, about 3 minutes. Fold in the pink peppercorns.

3. Spread the meringue on the prepared baking sheet in a ¼-inch-thick layer. Bake in the center of the oven for about 2 hours and 30 minutes, until very lightly colored and crisp. Let cool completely, then break into bite-size pieces.

4. Make the compote Preheat the oven to 325°. In a 9-by-13-inch baking dish, rub the vanilla bean and seeds into the sugar. Add the rhubarb, Grand Marnier and salt and toss to coat. Let the rhubarb macerate for 15 minutes.

5. Tightly cover the baking dish with foil and bake for 30 minutes, until the rhubarb is soft but not falling apart. Let cool slightly. Discard the vanilla bean.

6. Drain the rhubarb in a sieve set over a medium saucepan. Bring the juices to a boil, then simmer over moderately high heat until syrupy, about 5 minutes. Fold the rhubarb into the syrup and let cool completely. Refrigerate the compote until slightly chilled, 45 minutes.

7. Whip the cardamom cream at medium-high speed until firm peaks form.

8. Layer the rhubarb compote, cardamom whipped cream and meringue on plates or in glasses. Sprinkle with cocoa nibs and serve.



ETON MESS

Pan from Kaufmann Mercantile.

HOT STOVE SOCIETY

Taking a hands-on class at superstar Seattle chef Tom Douglas's cooking school in the Hotel Ändra might be as close as you can get to *staging* in one of his kitchens without quitting your day job. As well as learning how to make his signature recipes, like coconut cream pie and Aleppo-pepper-cured salmon, restaurant nerds take classes with guest chefs like Marcus Samuelsson. *hotstovesociety.com.* (For recipes, go to page 114.)

LOCATION: Seattle	**MAX CLASS SIZE:** 24	**COST:** From $85 for a two-hour class

TUTORIAL

HOW TOM DOUGLAS CURES SALMON

(recipe, p. 114)

1. SKIN THE SALMON
Holding down the skin, slide a sharp knife between the skin and the fillet.

2. CURE THE FISH
Sprinkle thin slices with salt, sugar and Aleppo pepper. Let stand for 30 minutes.

3. CRISP THE SKIN
Season the salmon skin with togarashi and bake until it is potato-chip-crisp.

4. FINISH THE DISH
Serve the cured salmon with the skin cracklings, salmon roe and yogurt.

Plate by Clam Lab; glass by Teroforma.

FOOD STYLIST: SIMON ANDREWS; PROP STYLIST: CARLA GONZALEZ-HART.
OPENING SPREAD: JENNIFER CAUSEY

CHEF CONTOS KITCHEN & STORE

In many ways, Courtney Contos is a big-city chef (she worked at Charlie Trotter's in Chicago), yet her tiny Vermont cooking school has a very personal vibe; every March she features recipes inspired by her Irish heritage. Students sit around a large butcher-block table, which creates a communal feeling, especially during the popular women-only classes. Befitting the school's friendly approach, Contos hands out her cell phone number for students to call during kitchen emergencies. *chefcontos.com.*

LOCATION: Shelburne, Vermont, a 15-minute drive from Burlington	**MAX CLASS SIZE:** 8
	COST: From $40 for a one-hour class



PORTER BUNDT CAKE WITH WHISKEY-CARAMEL SAUCE

TIP

USING DARK BEER

Porter flavors this moist and delicious cake. Other ways to use the malty, rich beer:

BEEF STEW

ROOT BEER FLOAT

BBQ SAUCE

Porter Bundt Cake with Whiskey-Caramel Sauce

Active **1 hr;** Total **1 hr 50 min**
Serves **8 to 10**

This richly flavored cake from cooking teacher Courtney Contos features quintessential Irish ingredients such as dark porter beer, dark brown sugar and whiskey.

CAKE

- **1½ cups porter**
- **1 cup unsulfured molasses**
- **1½ tsp. baking soda**
- **¼ cup pure maple syrup**
- **1½ sticks unsalted butter, softened, plus more for greasing**
- **3 cups all-purpose flour, plus more for dusting**
- **1½ tsp. baking powder**
- **¾ tsp. ground cinnamon**
- **½ tsp. freshly grated nutmeg**
- **¼ tsp. fine sea salt**
- **⅓ cup cocoa nibs**
- **½ cup packed light brown sugar**
- **½ cup granulated sugar**
- **3 large eggs**

SAUCE

- **1 cup granulated sugar**
- **¼ cup water**
- **¼ cup heavy cream**
- **¼ cup whiskey**

1. Make the cake Preheat the oven to 350°. In a large saucepan, whisk 1 cup of the porter with the molasses and bring just to a boil. Remove from the heat, stir in the baking soda and let cool completely.

2. In a medium saucepan, whisk the maple syrup with the remaining ½ cup of porter and bring to a boil. Reduce the heat and simmer, stirring occasionally, until reduced by half and syrupy, about 20 minutes. Let cool completely.

3. Meanwhile, butter a 10-inch Bundt pan and dust with flour; shake off the excess. In a large bowl, whisk the 3 cups of flour with the baking powder, cinnamon, nutmeg, salt and cocoa nibs. In a stand mixer fitted with the whisk, beat the 1½ sticks of butter with the brown and granulated sugars at medium speed until fluffy. Beat in the eggs, 1 at a time, until just incorporated. At low speed, beat in the cooled porter-molasses mixture, then gradually beat in the dry ingredients.

4. Scrape the batter into the prepared pan and smooth the surface. Bake in the center of the oven for about 50 minutes, until a toothpick inserted in the center of the cake comes out clean. Let cool for 15 minutes. Invert the warm cake onto a rack and brush with the cooled porter-syrup mixture.

5. Make the sauce In a medium saucepan, combine the sugar with the water and bring to a boil. Cook over moderately high heat, without stirring, until an amber caramel forms. Remove from the heat and whisk in the cream and whiskey. Cook over low heat for 1 minute. Let cool slightly.

6. Cut the cake into wedges and serve, passing the warm whiskey caramel at the table.

COVER RECIPE

Tacos al Pastor

Total **1 hr 15 min plus overnight marinating;** Serves **8**

- **1 Tbsp. canola oil, plus more for brushing**
- **3 garlic cloves**
- **1 tsp. dried oregano**
- **½ tsp. ground cumin**
- **½ tsp. pepper**
- **¼ tsp. ground cloves**
- **4 guajillo chiles—stemmed, seeded and cut into 2-inch pieces**
- **⅓ cup pineapple juice**
- **¼ cup distilled white vinegar**
- **2 Tbsp. achiote paste**
- **Sea salt**
- **2 lbs. boneless pork shoulder, sliced ¼ inch thick**
- **½ medium pineapple, peeled and sliced ½ inch thick**
- **1 medium red onion, sliced crosswise ½ inch thick**
- **Warm corn tortillas, chopped cilantro and lime wedges, for serving**

1. In a medium saucepan, heat the 1 tablespoon of oil. Add the garlic and cook over moderately high heat, turning occasionally, until lightly browned, about 1 minute. Stir in the oregano, cumin, pepper and cloves and cook until fragrant, about 1 minute. Add the chiles and cook, stirring, until blistered in spots, about 30 seconds. Add the pineapple juice, vinegar and achiote paste and bring to a boil. Remove from the heat and let stand for 5 minutes.

2. Transfer the chile mixture to a blender and puree until smooth. Season with salt.

Scrape the marinade into a large, sturdy plastic bag. Add the pork and turn to coat. Set the bag in a small baking dish and refrigerate overnight.

3. Light a grill or preheat a grill pan. Brush the pineapple and onion with oil. Grill over high heat, turning once, until lightly charred and softened, 3 to 5 minutes. Transfer to a carving board and tent with foil.

4. Remove the pork from the marinade. Grill over high heat until lightly charred and just cooked through, 2 to 4 minutes. Transfer to the carving board and let rest for 5 minutes.

5. Cut the pineapple, onion and pork into thin strips and transfer to a bowl. Season with salt. Serve with corn tortillas, chopped cilantro and lime wedges.

BEER Sweet, tangy pineapple is tough to pair with wine, so have these tasty tacos with crisp, lightly malty beer, like an amber ale. Try the Anderson Valley Brewing Company Boont Amber, or the one from Abita.

FIELD TRIP
Contos runs culinary tours of the Yucatán, which inspired her easy take on tacos al pastor.



TACOS AL PASTOR HACK

This supersmart hack gives you all the flavor without all the fuss. Rather than marinating pork shoulder for days and then spit-roasting, you marinate it overnight, then grill for less than five minutes.





TIPS

A COOKING TEACHER'S KITCHEN ESSENTIALS

1. WOOD-BURNING OVEN
Sandy D'Amato, LEFT, teaches recipes for every temperature, from 900 degrees (pizza) to 200 (overnight braises).

2. ROLLING PINS
D'Amato introduces his students to a variety of pins. One designed for ravioli helps seal filled pasta squares.

3. COPPER POTS
Chefs love lined copper because it heats evenly and doesn't react to acidic ingredients.

4. WHISKS
Balloon whisks are ideal for adding volume to whipped cream; smaller models are great for sauces.





GOOD STOCK FARM

Sandy D'Amato ran his acclaimed Milwaukee restaurant Sanford for 23 years, cooking on the line every night. When he and his wife realized they'd had enough of the grind, they sold the restaurant and their apartment upstairs and bought a 1900s farmhouse on a riverbank in rural Massachusetts. D'Amato added a large and sunny teaching kitchen and began giving classes on refined Mediterranean-American food, including smart reinventions of the Sicilian dishes he ate growing up. *goodstockfarm.com.* (For another recipe from Good Stock Farm, go to page 114.)

LOCATION: Hatfield, Massachusetts, about a two-hour drive from Boston

MAX CLASS SIZE: 8

COST: From $95 for a four-hour class

Hake, Clams and Chorizo in Broth with Paella Rice

Total **45 min;** Serves **4**

For this easy and light Spanish seafood stew, Sandy D'Amato adds chorizo, fennel seeds and a pinch of saffron to turn a simple chicken stock into an intensely flavored broth in just 15 minutes.

BROTH

- **2 Tbsp. extra-virgin olive oil**
- **1 small shallot, thinly sliced**
- **1 bay leaf**
- **1 tsp. crushed fennel seeds**
- **Pinch of saffron threads**
- **2 cups chicken stock or low-sodium broth**
- **24 manila clams or cockles, scrubbed**
- **3 oz. Spanish chorizo, cut into ¼-inch dice**
- **1½ Tbsp. minced garlic**
- **Salt and pepper**

FISH

- **Four 5-oz. skinless hake fillets**
- **Salt and pepper**
- **Smoked sweet paprika**
- **All-purpose flour, for dusting**
- **¼ cup extra-virgin olive oil**
- **Paella Rice (at right), for serving**

1. Make the broth In a large saucepan, heat the olive oil. Add the shallot, bay leaf, fennel seeds and saffron and cook until fragrant, about 20 seconds. Add the stock and bring to a boil. Cover, remove from the heat and let steep for 10 minutes.

2. Return the broth to a boil and add the clams, chorizo and garlic. Season with salt and pepper, cover and cook over high heat, shaking the pan occasionally, until the clams just open, about 5 minutes. Discard the bay leaf and keep the broth warm.

3. Meanwhile, cook the fish Season the hake fillets with salt, pepper and smoked paprika and dust with flour. In a large skillet, heat the olive oil until shimmering. Add the fish and cook over moderately high heat, turning once, until golden and just cooked through, about 6 minutes.

4. Transfer the fish to shallow bowls. Spoon the clams, chorizo and broth around the fish and serve with Paella Rice.

WINE Godello, a citrusy, full-bodied Spanish white, will go as well with the seafood in this dish as with the chorizo. Try the 2013 Finca Os Cobatos or the 2013 Telmo Rodríguez Gaba do Xil.

Paella Rice

Active **30 min;** Total **1 hr 5 min** Serves **4 to 6**

The success of this ham-, chorizo- and pepper-studded side dish depends on the rice. For the best texture, use a short-grain Spanish variety such as Bomba or Calasparra, or a short-grain Japanese rice.

- **4 cups chicken stock or low-sodium broth**
- **Pinch of saffron threads**
- **Salt and pepper**
- **¼ cup extra-virgin olive oil**
- **1 medium onion, finely chopped**
- **⅓ cup finely diced Spanish chorizo**
- **⅓ cup finely diced ham**



HAKE, CLAMS AND CHORIZO IN BROTH WITH PAELLA RICE

- **⅓ cup finely diced red bell pepper**
- **⅓ cup finely diced green bell pepper**
- **2 bay leaves**
- **1½ tsp. minced garlic**
- **1½ cups short-grain rice, such as Bomba**

1. In a medium saucepan, combine the stock with the saffron and a generous pinch each of salt and pepper and bring just to a boil. Remove from the heat.

2. Meanwhile, in a large, deep skillet, heat the olive oil. Add the onion and cook over moderate heat, stirring occasionally, until just starting to soften, about 7 minutes. Add the chorizo, ham, red and green peppers, bay leaves and garlic. Cook over moderately high heat, stirring occasionally, until the vegetables are softened, about 5 minutes. Add the rice and cook, stirring, until coated, about 1 minute.

3. Add the stock to the skillet and bring to a boil over high heat. Cover and cook over moderately low heat until the rice is tender and the liquid is absorbed, about 20 minutes. Let stand for 15 minutes, then fluff with a fork. Discard the bay leaves. Season the rice with salt and pepper and serve.

OPPOSITE: KEVIN J. MIYAZAKI/PLAT (4)







TIP

SWEET POTATO PUREE FLAVORS EMPANADA DOUGH AND KEEPS IT TENDER.

HEIRLOOM KITCHEN

Frustrated that their small New Jersey town had nowhere to shop for great-looking housewares or to learn about healthy recipes, Neilly Robinson and her mother, Judy Rosenblum, opened their store and school. In a kitchen designed by luxe cabinetmaker Arclinea, New York–based chefs like Rachel Nichols from The Smile and vegan expert Alexa Weitzman teach students to make "clean" recipes such as tempeh empanadas. *ourheirloomkitchen.com.* (For another recipe from Heirloom Kitchen, go to page 116.)

LOCATION: Old Bridge, New Jersey, about a one-hour drive from Manhattan	**MAX NUMBER OF STUDENTS:** 14
	COST: From $75 for a 2½-hour class

Baked Sweet Potato and Tempeh Empanadas

Active **1 hr 15 min**
Total **3 hr 15 min**
Makes **20 mini empanadas**

Tempeh has a long way to go before it becomes as popular as other soy products, but its wonderfully firm texture and versatility make it an excellent protein source. In this recipe from Alexa Weitzman's vegan cooking class, it's a stand-in for ground meat in baked empanadas.

DOUGH

- **One 1-lb. sweet potato**
- **1 cup all-purpose flour**
- **½ cup whole-wheat flour**
- **½ cup fine cornmeal**
- **¼ tsp. kosher salt**
- **2 Tbsp. coconut oil, at room temperature**

FILLING

- **2 Tbsp. extra-virgin olive oil**
- **1 small onion, finely chopped**
- **One 8-oz. package tempeh, crumbled**
- **3 garlic cloves, minced**
- **1 Tbsp. cumin seeds**
- **1 cup tomato puree**
- **2 Tbsp. water**
- **1 Tbsp. adobo sauce from a can of chipotles in adobo**
- **1 tsp. dried oregano**
- **Kosher salt**
- **Avocado Chimichurri, (opposite), for serving**

1. Make the dough Line the bottom of the oven with a sheet of foil and preheat to 350°. Prick the sweet potato all over with a fork and roast directly on the oven rack for about 1 hour, until tender. Let cool slightly. Scrape the flesh into a bowl and mash well with a fork.

2. In a medium bowl, whisk both flours with the cornmeal and salt. In a stand mixer fitted with the paddle, beat 1½ cups of the sweet potato puree (save the rest for later use) with the coconut oil until smooth. Gradually beat in the dry ingredients until a smooth dough forms.

3. Scrape the dough onto a work surface and gather into a ball; divide in half and pat into 6-inch disks. Wrap in plastic and refrigerate for 1 hour.

4. Meanwhile, make the filling In a large skillet, heat the olive oil. Add the onion and cook over moderate heat, stirring occasionally, until just starting to brown, about 7 minutes. Add the tempeh, garlic and cumin seeds and cook, stirring, until fragrant and heated through, 3 to 5 minutes. Stir in the tomato puree, water, adobo sauce and oregano and cook for 2 minutes. Season with salt and let the filling cool completely.

5. Preheat the oven to 350° and line 2 large baking sheets with parchment paper. On a lightly floured surface, working with 1 disk at a time, roll out the dough ¼ inch thick. Using a 4-inch round cutter, stamp out 10 rounds of dough. Moisten the edges with water and mound a scant 2 tablespoons of the filling on one half of each round; fold the dough over to form half-moons. Press the edges to seal and pleat at intervals or crimp with a fork. Transfer the empanadas to the prepared baking sheets. Repeat with the remaining dough and filling.

6. Bake the empanadas in the upper and lower thirds of the oven for about 25 minutes, until browned; shift the pans halfway through baking. Serve warm, with the Avocado Chimichurri.

MAKE AHEAD The unbaked empanadas can be frozen for 2 months; bake from frozen.

WINE Fragrant white Torrontés from Argentina's Salta region is a good match for these flavorful vegan empanadas. Pour the 2013 Colomé or the 2014 Hermanos.

INTERIOR: MICHAEL PERSICO



Avocado Chimichurri

Makes 1¼ cups

In a bowl, whisk ⅓ cup **extra-virgin olive oil** with ¼ cup **fresh lime juice,** 1 minced **garlic clove** and a pinch of **kosher salt.** Stir in 1 cup finely chopped **parsley** and 1 Tbsp. finely chopped **oregano**; let stand at room temperature for 30 minutes. Fold in 1 diced **Hass avocado** and season with **salt.**

BAKED SWEET POTATO AND TEMPEH EMPANADAS

Knife from Alder & Co.

THE FARM COOKING SCHOOL

Located in a 250-year-old stone building on a working farm, this New Jersey school reflects a range of modern culinary obsessions: Students can learn cheesemaking or take a class that combines healthy cooking and yoga instruction. Run by two former *Gourmet* magazine editors, Ian Knauer and Shelley Wiseman, the school offers advanced lessons (DIY butchery using cattle raised on the farm, Mexican classics), as well as basics like knife skills. *thefarmcookingschool.com*.

LOCATION: Stockton, New Jersey, about an hour and a half from Manhattan	**MAX CLASS SIZE:** 12
	COST: From $75 for a three-hour class



IAN KNAUER'S BEEF TIP

"In real estate, you can find a lousy neighborhood, give it a fancy new name and charge more rent. Same idea goes for beef. Now that butchers are calling the sirloin top butt cap 'coulotte,' they'll probably start charging more. Try this cut before the secret is out."

STAYING ON CAMPUS

Students can rent the apartment (with a working fireplace) above the school on Airbnb.

Roast Beef 101 with Winter Vegetables

Total **1 hr;** Serves **4 to 6**

This easy recipe from Ian Knauer at The Farm Cooking School features a delicious, inexpensive beef cut called coulotte, which is the sirloin top butt cap. If you don't have a whole-animal butcher nearby, use the more widely available tri-tip cut, as here.

- **1½ lbs. rutabaga, peeled and cut into 1-inch pieces**
- **½ lb. carrots, cut into 1-inch pieces**
- **3 garlic cloves, crushed**
- **2 Tbsp. extra-virgin olive oil**
- **Salt and pepper**
- **One 2¼-lb. beef tri-tip or coulotte roast**
- **2 Tbsp. unsalted butter**
- **1 shallot, thinly sliced**
- **1 cup dry red wine**
- **1 tsp. cornstarch mixed with 1 Tbsp. water**

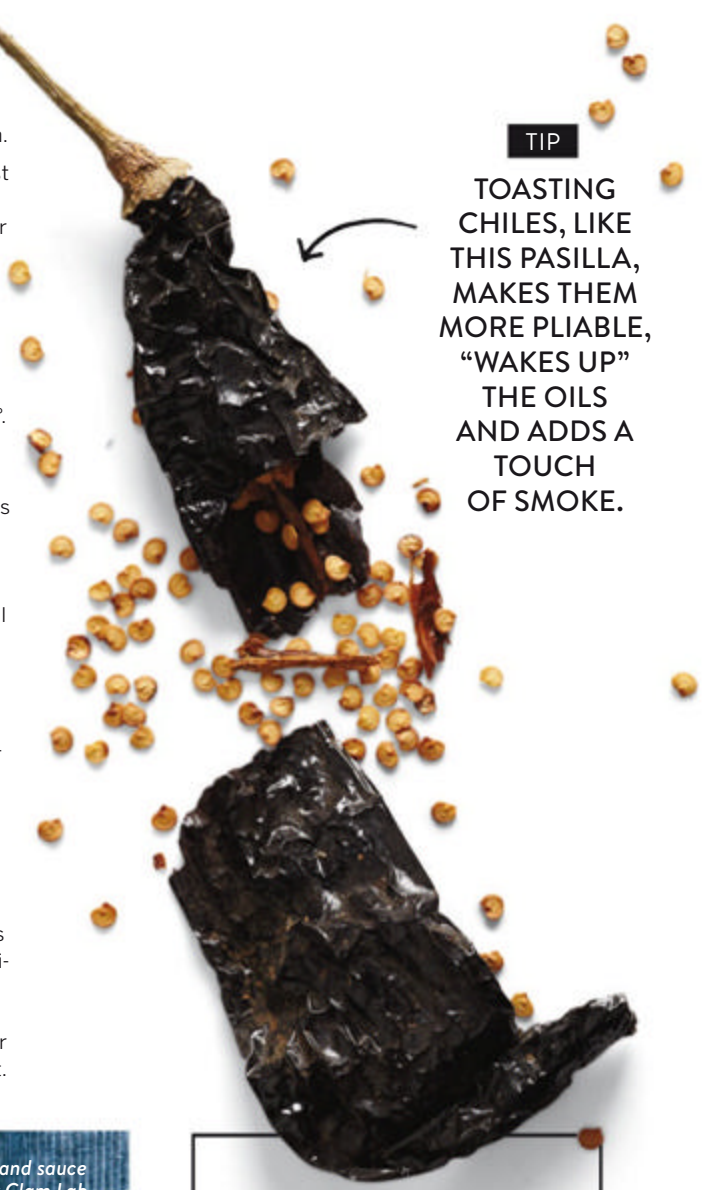
1. Preheat the oven to 425°. On a large rimmed baking sheet, toss the rutabaga with the carrots, garlic and olive oil. Season with salt and pepper. Roast the vegetables for 35 minutes, until tender and browned in spots. Transfer to a platter; keep warm.

2. Meanwhile, season the roast with salt and pepper. In a large cast-iron skillet, melt the butter over moderately high heat. Add the roast and brown it all over, about 6 minutes. Roast the meat in the oven for 20 to 25 minutes, until an instant-read thermometer inserted in the thickest part registers 120°. Transfer the roast to a carving board; let rest for 10 minutes.

3. Pour off all but 2 tablespoons of fat from the skillet. Add the sliced shallot and cook over moderate heat until browned. Add the red wine, bring to a boil and simmer until reduced by half. Return the sauce to a boil and whisk in the cornstarch slurry. Cook over moderately high heat until thickened. Season with salt and pepper.

4. Thinly slice the roast across the grain and serve with the red wine sauce and roasted vegetables.

WINE South Australia produces incredibly robust and fruity Shiraz that has a nice spicy edge, great with this roast. Try the 2010 Henry's Drive Dead Letter Office or the 2011 The Hedonist.



TIP

TOASTING CHILES, LIKE THIS PASILLA, MAKES THEM MORE PLIABLE, "WAKES UP" THE OILS AND ADDS A TOUCH OF SMOKE.



Platter and sauce bowl by Clam Lab.

Smoky Pasilla-Tomatillo Sauce

Makes 2 cups

This sauce is fantastic with grilled or roast duck breasts, beef and pork.

Stem, seed and wipe clean 2 large **pasilla de Oaxaca chiles** and 2 large **black pasilla chiles.** Toast the chiles in a medium skillet over moderate heat until pliable and blistered in spots, 1 minute. Add ½ lb. husked, rinsed and quartered **tomatillos,** ½ cup chopped **white onion,** 3 large **garlic cloves,** 2 Tbsp. **dark brown sugar** and 1½ cups **chicken stock** and bring to a boil. Cover partially and simmer for 20 minutes, stirring occasionally. Transfer to a blender and let cool, then puree until smooth. Strain the sauce through a fine sieve and season with **kosher salt.** Serve warm.
–Shelley Wiseman

KNAUER (OPPOSITE): WILLIAM HEREFORD; PEPPER: CHRISTINA HOLMES



5 WHITE LIES ABOUT CHARDONNAY

No wine has ever been so unfairly maligned as Chardonnay. F&W's Ray Isle debunks the myths and extols the magnificence of great bottlings at every price and in every style. F&W's Kay Chun creates recipes to match.

PHOTOGRAPHS BY **CON POULOS**

1 ALL CALIFORNIA CHARDONNAY IS BIG & BUTTERY

Once upon a time (let's say the '90s), it might have been true that the vast majority of California Chardonnay was big and buttery. But there's been a slow swing back from the most excessive styles. There are still plenty of big, rich wines, but on the whole they're less oak-soaked than before. And each year there are more unoaked Chardonnays. Typically aged in stainless steel rather than wood, they're crisp, zingy and full of unadorned Chardonnay character.



"Today's California Chardonnays aren't the buttery oak bombs of the past. There are so many elegant, focused versions available now."

DUSTIN WILSON, *ELEVEN MADISON PARK, NYC*

WINES TO TRY

2013 Joel Gott Unoaked Chardonnay ($18)

2013 Balletto Teresa's Unoaked Chardonnay ($20)

2013 Hendry Unoaked Chardonnay ($20)

2013 Morgan Metallico Chardonnay ($22)

2012 Marimar Estate Acero Chardonnay ($29)



ROASTED WINTER SQUASH WITH VANILLA BUTTER >> *RECIPE P. 103*

2 ALL CHEAP CHARDONNAY IS BAD

Often, when I'm searching for terrific bottles from among 50 bargain-price wines, I wonder whether playing Powerball might give me better odds. But in hunting for value Chardonnays, I've found that two or three good ones always turn up. Not all cheap Chardonnay is bad—the variety grows well and easily in wine regions around the world, so a talented winemaker can coax out surprising complexity at a low price.

WINES TO TRY

2014 Man Family Chardonnay ($11)

2013 Yalumba Y Series Unwooded Chardonnay ($12)

2013 Milbrandt Vineyards Traditions Chardonnay ($13)

2014 Brampton Unoaked Chardonnay ($15)

2014 Viña Leyda Chardonnay ($16)

SCALLOP-AND-BACON PIZZA >> *RECIPE P. 103*

Pork-and-Ricotta Meatballs in Parmesan Broth

Active **30 min;** Total **50 min**
Serves **6**

These delicious meatballs are incredibly tender thanks to a generous amount of fresh ricotta mixed with the meat.

- **1 cup fresh ricotta (8 oz.)**
- **¼ cup grated Parmigiano-Reggiano cheese, plus more for garnish**
- **1 large egg**
- **½ cup dry breadcrumbs**
- **½ tsp. grated nutmeg**
- **Kosher salt and pepper**
- **1¼ lbs. ground pork**
- **2 Tbsp. extra-virgin olive oil**
- **1 quart low-sodium chicken broth**
- **One 3-by-1-inch piece of Parmigiano-Reggiano cheese**
- **1 cup thawed frozen peas**
- **2 cups baby spinach**
- **Egg noodles, for serving**

1. In a large bowl, stir the ricotta and ¼ cup of grated Parmigiano with the egg, breadcrumbs, nutmeg, 1 teaspoon salt, ½ teaspoon pepper and ¼ cup of water. Add the pork and combine. Form into 12 meatballs.

2. In a large enameled cast-iron casserole, heat the olive oil. Add the meatballs and cook over moderate heat, turning, until golden all over, about 10 minutes. Stir in the broth and the piece of cheese. Cover and simmer gently over moderate heat, stirring occasionally, until the meatballs are cooked through and the broth is slightly reduced, about 20 minutes. Stir in the peas and spinach, season with salt and pepper and simmer until the peas are warmed through.

3. In shallow bowls, spoon the meatballs and broth over egg noodles. Garnish with grated Parmigiano and serve.

FOOD STYLIST: SIMON ANDREWS; STYLE EDITOR: SUZIE MYERS. THIS PAGE, HEAD SHOT: SANDRA NICOLAS; OPENING SPREAD, HEAD SHOT: NATHAN RAWLINSON. THIS PAGE: BOWL BY SIEGER BY FÜRSTENBERG FROM MICHAEL C. FINA; OPENING SPREAD: BOWL BY TOM DIXON FROM HORNE



Let's stop talking in hyperbole—oak isn't bad. In fact, it's essential to most Chardonnays that I love!"

SETH LIEBMAN, *CLAUDETTE, NYC*

3 BIG, OAKY CHARDONNAYS ARE PASSÉ

When it comes to Chardonnay, oak-aging itself is never going to be passé. The truth is that most of the world's best Chardonnays—from grand cru Burgundies to California's greatest bottlings—spend time fermenting and aging in some percentage of new oak barrels. The key is intelligent, nuanced winemaking that uses oak to subtly influence the wine, not warp it; to accentuate the wine's natural character, not conceal it. That's how a grand cru white Burgundy might be aged for almost two years in new oak barrels and taste sublime rather than unbalanced.

WINES TO TRY

2013 Olema Sonoma County Chardonnay ($15)

2012 Walter Hansel The Meadows Vineyard Chardonnay ($32)

2013 Patz & Hall Sonoma Coast Chardonnay ($38)

2013 Beringer Luminus Chardonnay ($39)

2012 Sbragia Gamble Ranch Chardonnay ($40)



CRISPY PORK CHOPS WITH WARM FENNEL SALAD

4 WINE EXPERTS DESPISE CHARDONNAY

For every trend-crazed sommelier or wine writer who dismisses Chardonnay in favor of oxidized Jura Savagnins or funky Friulian Ribollas aged in ancient clay amphorae, there are probably five others who recognize that a disproportionate number of the world's greatest white wines are Chardonnays, and not only from France. These are wines that deeply express where they're from (that show terroir), that have the capacity to age in a cellar, and that are truly, inarguably distinctive. Besides, I'm a wine expert, and I like Chardonnay, so that disproves this myth right there.

WINES TO TRY

2013 Varner Bee Block Chardonnay ($48)

2012 Antinori Cervaro della Sala ($50)

2013 Pahlmeyer Napa Valley Chardonnay ($75)

2012 Penfolds Yattarna Chardonnay ($130)

2012 Joseph Drouhin Chassagne-Montrachet Morgeot Marquis de Laguiche ($135)

Crispy Pork Chops with Warm Fennel Salad

Total **45 min;** Serves **4**

Pounding bone-in pork chops schnitzel-thin before pan-frying means they cook in just 5 minutes and the meat stays tender within the crispy panko crust. The secret ingredient in the coating here: ground fennel.

- **¾ cup all-purpose flour**
- **2 tsp. ground fennel**
- **Kosher salt and pepper**
- **1 large egg**
- **2 cups panko**
- **Four 8-oz. bone-in pork rib chops, meat pounded ⅛ inch thick**
- **2 Tbsp. unsalted butter**
- **5 Tbsp. extra-virgin olive oil**
- **2 fennel bulbs (1¼ lbs.), cored and thinly sliced**
- **2 Tbsp. fresh lemon juice**
- **⅓ cup chopped pitted oil-cured olives**
- **1 Fuji apple, finely chopped**
- **Lemon wedges, for serving**

1. In a shallow dish, mix the flour and ground fennel; season with salt and pepper. In another shallow dish, beat the egg. In a third shallow dish, spread the panko and season with salt and pepper. Dredge the pork in the flour, shaking off the excess. Dip the pork in the egg, then dredge in the panko to coat. Place the pork on a large plate.

2. In a large cast-iron skillet, melt ½ tablespoon of the butter in 1 tablespoon of the oil. Add 2 of the chops and cook over moderately high heat until golden, 2 minutes. Flip the chops, add another ½ tablespoon of butter and 1 tablespoon of oil to the skillet and cook until just golden on the outside and white throughout, about 2 minutes. Transfer the chops to a paper towel–lined plate. Wipe out the skillet. Repeat the process to fry the remaining 2 pork chops.

3. Wipe out the skillet and add the remaining 1 tablespoon of oil. Add the fennel and cook over moderately high heat, stirring occasionally, until light golden and crisp-tender, about 3 minutes. Stir in the lemon juice and olives and cook until the olives are warm, about 1 minute. Stir in the apple and season with salt and pepper. Divide the pork chops among 4 plates and top with the fennel mixture. Serve with lemon wedges.

Roasted Winter Squash with Vanilla Butter

PAGE 99

Active **20 min;** Total **45 min** Serves **6 to 8**

Fragrant vanilla-bean butter does double duty here—it both flavors the squash and softens the skin during roasting. The greater the variety of winter squash you use, the more interesting the dish will be.

- **4 Tbsp. unsalted butter, at room temperature**
- **½ vanilla bean, seeds scraped**
- **4 lbs. mixed squash (such as kabocha, Delicata and Red Kuri)—scrubbed, seeded and sliced ½ inch thick**
- **3 sage sprigs, plus 24 small sage leaves**
- **Kosher salt and pepper**
- **¼ cup extra-virgin olive oil**

1. Preheat the oven to 425°. In a small saucepan, combine the butter and vanilla bean and seeds and cook over moderately low heat, stirring occasionally, until the butter is deeply browned and has a nutty aroma, about 5 minutes. Discard the vanilla bean.

2. On a baking sheet, drizzle the squash and sage sprigs with the vanilla browned butter, season with salt and pepper and toss to coat. Roast for about 25 minutes, turning once, until the squash is golden in spots and tender. Arrange on a serving platter. Discard the sage sprigs.

3. In a small saucepan, heat the olive oil. In batches, fry the sage leaves over moderate heat, stirring, until crisp, about 2 minutes. Using a slotted spoon, transfer the sage to a paper towel–lined plate to drain. Scatter the fried sage over the squash and serve.

Scallop-and-Bacon Pizza

PAGE 100

Active **20 min;** Total **40 min** Serves **4**

A quick-to-make garlicky béchamel stands in for crème fraîche and cheese in this luxurious white pizza.

- **3 garlic cloves, crushed**
- **¼ cup plus 2 Tbsp. extra-virgin olive oil, plus more for drizzling**
- **¼ cup all-purpose flour, plus more for dusting**
- **1½ cups whole milk**
- **¼ cup freshly grated Parmigiano-Reggiano cheese**
- **2 Tbsp. fresh lemon juice**
- **Kosher salt and pepper**
- **Cornmeal, for dusting**
- **1 lb. pizza dough**
- **4 slices thick-cut bacon (5 oz.)**
- **4 sea scallops (5 oz.), sliced crosswise ¼ inch thick**
- **1 cup baby arugula**

1. Preheat the oven to 475°. In a medium saucepan, cook the garlic in ¼ cup of the olive oil over moderately low heat until it starts to sizzle, about 3 minutes. Whisk in the ¼ cup of flour until smooth and cook, whisking, until light golden, about 3 minutes. Slowly whisk in the milk and cook, whisking, until the béchamel is smooth and thickened, 2 to 3 minutes. Whisk in the cheese. Stir in 1 tablespoon of the lemon juice and season with salt and pepper. Transfer the béchamel to a small bowl. Discard the garlic.

2. Lightly dust a baking sheet with cornmeal. On a lightly floured work surface, using a lightly floured rolling pin, roll out the dough into a 12-inch round. Transfer to the prepared sheet. Brush the remaining 2 tablespoons of olive oil all over the dough and spread the béchamel evenly on top, leaving a 1-inch border around the edge. Bake on the bottom rack of the oven for about 18 minutes, until the dough is almost cooked through.

3. Meanwhile, in a nonstick medium skillet, cook the bacon over moderate heat, turning, until golden and crisp, 7 to 8 minutes. Transfer to paper towels to drain. Chop the bacon.

4. Top the pizza with the scallops and drizzle with olive oil. Bake for about 3 minutes, until the béchamel is golden and bubbling and the scallops are just opaque.

5. In a small bowl, toss the arugula with the remaining 1 tablespoon of lemon juice. Top the pizza with the bacon and arugula and serve hot.



Chardonnay is the grape of Montrachet! Champagne! Chablis! The greatest Chardonnays are like great art."

JUNE RODIL, *WINE DIRECTOR, MCGUIRE MOORMAN HOSPITALITY, AUSTIN*

THIS PAGE, HEAD SHOT: ERIC MORALES. OPPOSITE PAGE: PLATE BY ABC CARPET & HOME; FLATWARE FROM TABLEART

Steamed Sea Bass with Potatoes and Avocado-Tarragon Salsa

Active **30 min;** Total **45 min**
Serves **4**

Fresh grapefruit juice flavors the sea bass and potatoes while they steam; a little of it also goes into the tasty salsa.

- **1 lb. small Yukon Gold potatoes, sliced ¼ inch thick**
- **2 Tbsp. drained capers**
- **2 Tbsp. extra-virgin olive oil**
- **Kosher salt and pepper**
- **Four 5- to 6-oz. skin-on sea bass fillets**
- **3 Tbsp. grapefruit juice**
- **1 Hass avocado—peeled, pitted and chopped**
- **2 Tbsp. chopped tarragon**

1. In a medium bowl, combine the potatoes, capers and 1 tablespoon of the olive oil, season with salt and pepper and toss to coat. On a heatproof plate that fits inside a large enameled cast-iron casserole, arrange the potatoes in a slightly overlapping layer. Place a small heatproof bowl upside down in the center of the casserole and place the plate with the potatoes on top. Add enough water to reach 1 inch up the side of the casserole. Bring the water to a simmer, cover the casserole and steam the potatoes over moderate heat until almost tender, about 15 minutes.

2. Rub the fish with the remaining 1 tablespoon of olive oil and season with salt and pepper. Arrange the fillets on top of the potatoes, skin side up, in a single layer and drizzle with 2 tablespoons of the grapefruit juice. Cover and steam until the potatoes are tender and the fish is just opaque throughout, about 8 minutes longer.

3. Meanwhile, in a small bowl, toss the avocado with the tarragon and the remaining 1 tablespoon of grapefruit juice; season with salt and pepper.

4. Transfer the potatoes and fish to plates. Top with any juices from the plate and the avocado salsa and serve.



STEAMED SEA BASS WITH POTATOES AND AVOCADO-TARRAGON SALSA

Crisp Salmon with Sesame-Cumin Eggplant Panzanella

Active **25 min;** Total **1 hr 20 min**
Serves **4**

This recipe crosses baba ghanoush (the Middle Eastern eggplant spread) with panzanella (the Italian bread salad). Here, eggplant is roasted and tossed with toasted sesame bread, cucumber and more sesame seeds to serve with butter-basted salmon fillets.

- **½ cup plus 2 Tbsp. extra-virgin olive oil**
- **3 Tbsp. tahini**
- **2 Tbsp. fresh lemon juice**
- **2 garlic cloves, minced**
- **Kosher salt and pepper**
- **2 medium eggplants, cut into 1-inch pieces**
- **1 hothouse cucumber, sliced**
- **1 red onion, halved and thinly sliced**
- **2 tsp. white sesame seeds, plus more for garnish**
- **1½ tsp. ground cumin**
- **3 oz. sesame bread, torn into small pieces**
- **Four 6-oz. skin-on salmon fillets**
- **2 Tbsp. unsalted butter**
- **Chopped dill, for garnish**

1. Preheat the oven to 425°. In a small bowl, whisk 6 tablespoons of the olive oil with the tahini, lemon juice and garlic and season with salt and pepper.

2. Place the eggplant and cucumber in 2 separate medium bowls. Add 2 teaspoons of salt to the eggplant and 1 teaspoon of salt to the cucumber. Toss to coat and let stand for 15 minutes. Rinse and gently squeeze the eggplant and cucumber to remove the excess water; pat dry.

3. Transfer the eggplant to a rimmed baking sheet and the cucumber to a small bowl. Add all but ¼ cup of the tahini dressing to the eggplant along with the onion, 2 teaspoons of sesame seeds and the cumin; season with salt and pepper and toss to coat. Roast the eggplant for 30 minutes, stirring occasionally.

4. In a medium bowl, toss the bread with 2 tablespoons of the oil, then toss with the eggplant on the baking sheet. Bake for 5 to 7 minutes, until the bread and eggplant are golden brown. Toss with the cucumber. Spoon the salad onto plates and drizzle with half of the remaining tahini dressing.

5. In a large nonstick skillet, heat the remaining 2 tablespoons of olive oil. Season the salmon with salt and pepper. Add the salmon to the skillet skin side down and cook over moderately high heat until the skin is golden and crisp, about 5 minutes. Flip the fish, add the butter to the skillet and baste until just cooked through, 2 to 3 minutes longer. Set the salmon on the eggplant and drizzle with the remaining dressing. Garnish with dill and sesame seeds and serve.

continued on p. 116

SEA BASS: PLATE BY KATE SPADE FOR LENOX; SALMON: TRAY AND NAPKIN RING FROM FERM LIVING; TABLECLOTH AND NAPKIN BY LIBECO

ALL FRENCH CHARDONNAY IS EXPENSIVE



CRISP SALMON WITH SESAME-CUMIN EGGPLANT PANZANELLA

Great white Burgundy is expensive—no one would deny that. Top grand cru bottlings run in the hundreds or thousands of dollars; even good-quality premier cru wines can set you back $80 or $90. But top Burgundies are a tiny percentage of the Chardonnay grown in France, and there are a surprising number of alternatives available in the $10 to $20 range. The trick is knowing where to look. Skip the prestigious Côte de Beaune. Instead, hunt for bargains in Burgundy's more affordable southern end, the Mâconnais, and in the extensive vineyards of the vast Languedoc-Roussillon region.

WINES TO TRY

2012 Les Jamelles Chardonnay ($11)

2012 Paul Mas Estate Chardonnay ($14)

2013 Château de la Greffière Mâcon La Roche Vineuse Vieilles Vignes ($18)

2013 Cave de Lugny Les Charmes Mâcon-Lugny ($17)

2013 Christophe Cordier Mâcon Vieilles Vignes ($25)

A LESSON IN *moroccan flavors*



by gisela williams
photographs by john kernick



Cooking teacher Tara Stevens, OPPOSITE, sometimes lightens Moroccan classics, adding lettuce to a roasted beet salad with honey and mint (p. 109).

Platter and plates by Images d'Orient from Nathalina.

IN FEZ, FOOD IS THE ENTRYWAY TO A CULTURE THAT IS TRADITIONALLY QUITE CLOSED, SAYS COOKING TEACHER TARA STEVENS. HERE, SHE SHARES HER FAVORITE RECIPES AND INTRODUCES THE LOCALS, EXPATS AND VISITORS WHO MOST INSPIRE HER.







THE TEACHER TO KNOW

Tara Stevens takes cooking students to markets to shop for ingredients, then back to her school to make dishes like stewed beans with chile, RIGHT. *darnamir.com.*





THE VISITING CHEF TO WATCH

Jérôme Waag of Chez Panisse hosts a pop-up at black-and-white-tiled Restaurant Numéro 7, BELOW RIGHT. *restaurantnumero7.com.*







the courtyard kitchen

TARA STEVENS LED ME up a narrow, unmarked alley and through a gated door, to an even narrower alleyway. The 42-year-old British food writer and chef opened an old carved wooden door and ducked inside. We had stepped into her house and intimate new cooking school, The Courtyard Kitchen at Dar Namir in Fez, Morocco. The entrance room had a mosaic-tiled floor and walls that soared three stories up to the sky; a well-equipped kitchen was tucked into an alcove.

Stevens came to Fez eight years ago, after hearing about a café opened by a former maître d' from legendary London restaurant The Ivy. She ended up writing the *Clock Book* cookbook with him and buying a house. Now at the center of a group of expats and locals who are passionate about Moroccan food, Stevens is helping to build a more creative culinary community. She is also the woman to know for travelers who want to discover the city's astonishing food scene. "This culture is very closed," she explained to me, "especially for a woman. You can't go into mosques and it's difficult to strike up a conversation with locals. Food is the key that unlocks the doors."

That night, Stevens served me a feast with some of her favorite cooking-school dishes: roast lamb shoulder in spiced butter (p. 117), a green salad with beets and a creamy feta dressing (right). The Courtyard Kitchen is not your typical culinary program, she said: "When guests arrive, we discuss what they want to cook and see. I make a lavish breakfast, like scrambled eggs with desert truffle, and my almond cake. Then we head into the medina [the old walled city] to shop for a meal we'll prepare together." She added, "It's like spending a few days with a fanatic foodie friend who cooks and eats and explores with you."

Gisela Williams is the European correspondent for Food & Wine. *She lives with her family in Berlin.*

CHEZ PANISSE COMES TO FEZ

Recently, Stevens cofounded an ambitious program at Restaurant Numéro 7, where chefs from around the world cook for several months at a time. Kicking things off: Jérôme Waag, a head chef at California's Chez Panisse. Waag spent days exploring the markets ("I think of the whole medina as a kitchen"), then launched Numéro 7 with an outstanding meal of green-almond-and-melon soup and slow-cooked lamb shoulder with mint salsa verde. "Are you ready for camel spleen ravioli next week?" Waag asked customers with a grin, then confirmed that he wants to come back this year.

Stewed White Beans with Green Chile and Herbs

Active **20 min;** Total **1 hr 20 min plus overnight soaking**
Serves **6**

This recipe was inspired by a dish Tara Stevens had in Marrakech. There, the stewed beans were made with chile powder; Stevens uses a chopped green chile instead to add fresh flavor. The beans are a great all-purpose side, particularly good with lamb chops.

- **1 lb. dried cannellini beans, soaked overnight and drained**
- **2 Tbsp. extra-virgin olive oil, plus more for drizzling**
- **1 medium onion, finely chopped**
- **1 celery rib, finely chopped**
- **3 garlic cloves, finely chopped**
- **3 bay leaves**
- **1 large poblano chile, seeded and finely chopped**
- **Kosher salt and pepper**
- **½ cup dry vermouth or dry white wine**
- **⅓ cup chopped mixed herbs, such as dill, tarragon and mint, for garnish**

1. In a large saucepan, cover the beans with 2 inches of water and bring to a simmer. Cook over moderate heat, stirring occasionally, until the beans are tender, 30 to 40 minutes. Drain, reserving 1 cup of the cooking water.

2. Wipe out the saucepan and heat the 2 tablespoons of olive oil. Add the onion, celery, garlic, bay leaves and chile. Cook over moderate heat, stirring occasionally, until softened, 8 to 10 minutes. Discard the bay leaves and season with salt and pepper. Return the beans and the reserved cooking water to the saucepan. Stir in the vermouth and cook for 15 minutes, stirring occasionally, to meld the flavors. Season with salt and pepper. Spoon the beans into bowls and top with the chopped herbs. Drizzle with olive oil and serve warm.

Little Gem Lettuce with Roasted Beets and Feta Dressing

PAGE 107

Active **20 min;** Total **1 hr 20 min**
Serves **4 to 6**

"Moroccan dishes can be heavy; I'm always looking for ways to make them lighter and brighter," says Stevens. She uses Little Gem lettuce and lots of fresh herbs in her modern take on a traditional roasted beet salad.

- **1 Tbsp. cumin seeds**
- **1 tsp. flaky sea salt**
- **4 beets (2 lbs.), peeled and cut into wedges**
- **2 medium red onions, cut into wedges**
- **3 Tbsp. extra-virgin olive oil**
- **2 Tbsp. fresh lemon juice**
- **2 tsp. honey**
- **¾ cup crumbled feta cheese**
- **2 Tbsp. plain Greek yogurt**
- **½ tsp. grated lemon zest**
- **Pepper**
- **2 heads of Little Gem or baby romaine lettuce (10 oz.)**
- **Chopped cilantro and mint, for garnish**

1. Preheat the oven to 375°. In a small skillet, toast the cumin seeds over low heat until fragrant, 2 minutes; let cool.

2. In a mortar, coarsely grind the cumin seeds with the salt. Transfer to a bowl and add the beets, onions and olive oil; toss to coat. Scrape the vegetables onto a rimmed baking sheet and roast for about 1 hour, stirring occasionally, until tender. Let cool to room temperature.

3. In a bowl, whisk the lemon juice and honey. In another bowl, mix the feta, yogurt and lemon zest so it remains a bit chunky. Season with pepper.

4. Arrange the lettuce on plates. Top with the beets and onions and drizzle the lemon honey on top. Dollop the feta dressing on the salad; season with pepper. Garnish with cilantro and mint and serve.

SALAD (OPENING SPREAD), BEANS (OPPOSITE): CON POULOS; FOOD STYLIST: SIMON ANDREWS; STYLE EDITOR: SUZIE MYERS

the market experts: plan-it fez

WHEN I ASKED TO TOUR the medina in Fez, Stevens connected me with Gail Leonard. The British expat and her Australian friend Michele Reeves are the founders of Plan-It Fez, a travel company specializing in culinary trips throughout Morocco. Their adventures range from tasting the medina's best street food to making hand-rolled couscous in a small village. As I followed Leonard down an alley lined with small shops, she told me that though she had lived in Fez for six years, she didn't connect with the locals until she began using the communal bread oven. "When I brought my tagine pot to the neighborhood oven–still common here–someone would tell me, 'Don't use too much cumin.' Someone else would share the name of her butcher."

At the Fez markets, Leonard encourages visitors to taste everything, especially her favorite dishes: maakouda (spicy potato fritters) and stuffed camel spleen sandwiches. "It's like meatloaf," she explained. She invariably heads to the vendor Nafis Hicham, who sells wild Atlas Mountain honey in a tile-lined shop. "Moroccans believe in the health benefits," Leonard said, dipping a spoon into a blue plastic vat of honey flavored with carob. It tasted like caramel. "Carob helps digestion," she explained, then moved on to a vat that exuded a perfumed scent: "Lavender is good for stress."

We wound our way through the medina to a nut vendor, where we bought a kilo of almonds. We brought them to a miller stall: On one side were hand grinders for meat; on the other, mills for nuts and grains. Stevens had instructed us to have our almonds ground into flour in order to make her signature almond cake (right).



Stevens uses almond flour hand-ground at the medina for her marzipan-like cake.

Almond Cake with Mixed Berries

Active **30 min**
Total **1 hr 40 min plus cooling**
Makes **one 9-inch cake**

At her cooking school, Stevens bakes berries into this dense, moist cake that she tops with even more fruit. Students eat it for breakfast; it's so popular that she usually has to make extra.

- **Baking spray**
- **1 lb. blanched almond flour (2¼ cups)**
- **2 tsp. baking powder**
- **Pinch of kosher salt**
- **1 lb. mixed raspberries, blueberries and strawberries, or pitted fresh cherries**
- **6 large eggs**
- **1 cup granulated sugar**
- **1 tsp. rosewater (optional)**
- **Confectioners' sugar, for dusting**
- **Crème fraîche, for serving**

1. Preheat the oven to 325°. Lightly coat a 9-inch springform cake pan with baking spray and line the bottom with parchment paper.

2. In a medium bowl, whisk the almond flour with the baking powder and salt. Set aside one-third of the berries in a small bowl for garnish.

3. In a large bowl, using a hand-held electric mixer, beat the eggs with the granulated sugar and rosewater, if using, at medium-high speed until very thick and glossy, about 12 minutes. Fold in the almond flour and the remaining berries in 3 alternating batches, ending with the almond flour, just until blended. Scrape the batter into the prepared pan and smooth the surface.

4. Bake the cake for about 55 minutes, until a tester inserted in the center comes out clean. Transfer to a rack and let cool for 10 minutes. Unmold the cake and let cool completely.

5. Top the cake with the reserved berries and dust with confectioners' sugar. Serve with crème fraîche.



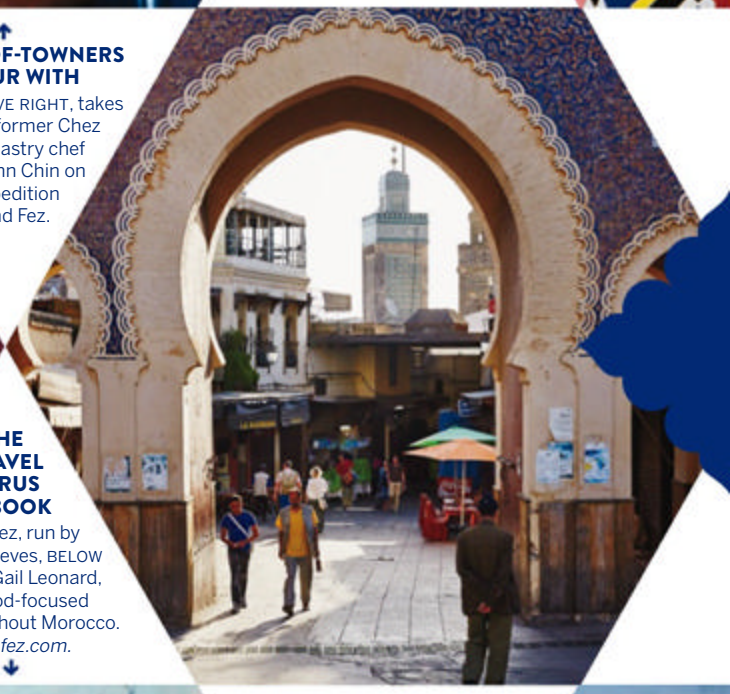






THE OUT-OF-TOWNERS TO TOUR WITH

Stevens, ABOVE RIGHT, takes Waag and former Chez Panisse pastry chef Siew-Chinn Chin on an expedition around Fez.



THE TRAVEL GURUS TO BOOK

Plan-It Fez, run by Michele Reeves, BELOW LEFT, and Gail Leonard, offers food-focused tours throughout Morocco. *plan-it-fez.com.*









Meriem Farah uses Facebook to promote her family's farm.

the organic farmer

A 10-MINUTE CAB RIDE from the city walls of Fez brought Stevens and me to a bumpy dirt track, then to a modest organic farm with vegetable gardens, corn and wheat fields, and animal pens. We were greeted by Meriem Farah, a slender twentysomething wearing a head scarf and Converse sneakers, then introduced to her parents as well as a half-dozen siblings and their young children. Her father and brother gave us a tour of the livestock: sheep, goats, cows, chickens and pigeons. Stevens had heard about the Farah family's farm from a chef friend whom Meriem had contacted on Facebook. The news of an organic farm near the medina spread quickly through the local culinary community. Fez's countryside is populated by small farmers, but none have ambitious, Internet-savvy daughters like Meriem.

"In a place like Fez, many young women are married off at the age of 13," said Stevens. "It makes what Meriem is doing to promote her family's farm especially impressive. She's a sign of the next generation of Moroccans who can change things. She might have an advantage because there are seven women in this family and only two men."

Meriem led us to a cornfield behind a small goat shed and sat us around a low table surrounded by small rugs and pillows. She poured us strong mint tea and offered a basket of khobz, warm flatbread made with freshly milled organic whole-wheat flours; next came a tagine (right) made with chicken that had been flavored with mint tea, then cooked with lots of parsley and mint, plus ginger and coriander. Meriem's mother, Fatouma, is famous for the dish—justifiably so.

Chicken Tagine with Herbs and Harissa Olives

Active **30 min;** Total **2 hr 15 min**
Serves **4**

This outstanding chicken dish, served in a sauce made with handfuls of herbs and plenty of spices, is based on one made by Fatouma Farah, whose family owns a small organic farm outside of Fez. Stevens adapted Farah's recipe after tasting it and watching her make it. "Moroccan cooks use their eyes and hands rather than weights and measures," Stevens says.

- **3 mint sprigs**
- **One 4-lb. chicken, liver trimmed and chopped**
- **1 small onion, finely chopped**
- **3 garlic cloves, minced**
- **1½ cups parsley leaves**
- **1 cup cilantro leaves**
- **1 Tbsp. salted butter**
- **2 tsp. ground coriander**
- **1 tsp. turmeric**
- **1 tsp. ground ginger**
- **Pinch of saffron threads**
- **Kosher salt and pepper**
- **½ preserved lemon, rind only, finely chopped**
- **2 Tbsp. extra-virgin olive oil**
- **1 cup pitted green olives**
- **1 Tbsp. harissa paste**
- **Crusty bread, for serving**

1. In a small saucepan, cover the mint with 1 cup of water and bring to a boil. Remove the pan from the heat and let stand for 15 minutes. Strain the tea into a small bowl and let cool.

2. In a large pot, rub the mint tea all over the chicken. Add the onion, garlic, parsley, cilantro, butter, coriander, turmeric, ginger, saffron and enough water to cover the chicken. Season with salt and pepper and bring to a simmer. Reduce the heat to moderately low and simmer gently until the chicken is tender but not falling off the bone, about 45 minutes. Transfer the chicken to a rack set over a rimmed baking sheet.

recipe continued on p. 117



Fatouma Farah, whose family owns an organic farm outside Fez, makes a sensational chicken tagine. She rubs the bird with mint tea before cooking.

from p. 97



Crispy Florentine Cookie Stacks with Ricotta

Total **1 hr 15 min plus cooling**
Serves **6**

Sandy D'Amato of Good Stock Farm creates his own version of cannoli by topping crisp and lacy florentine cookies with sweetened ricotta studded with chocolate chips and Grand Marnier–soaked dried cherries. These cookies are lighter than cannoli shells and easier to make because they don't require frying and the filling can be spread rather than piped.

COOKIES

2½ Tbsp. minced dried sour cherries
1 tsp. Grand Marnier
3 Tbsp. unsalted butter
¼ cup granulated sugar
¼ cup dark corn syrup
1 tsp. finely grated orange zest
1 tsp. finely grated lemon zest
¼ tsp. kosher salt
1¾ cups sliced almonds (7 oz.)
¼ cup packed all-purpose flour

FILLING

¼ cup dried sour cherries, finely chopped
1 Tbsp. Grand Marnier
¾ cup fresh ricotta cheese
½ cup mascarpone cheese
1 Tbsp. heavy cream
½ tsp. vanilla bean paste or pure vanilla extract
Pinch of kosher salt
3 Tbsp. confectioners' sugar, plus more for dusting
¼ cup bittersweet chocolate chips, finely chopped

1. Make the cookies Preheat the oven to 375°. Line 2 baking sheets with silicone mats or parchment paper. In a small bowl, toss the minced sour cherries with the Grand Marnier and let stand for 10 minutes.

2. In a large bowl set over a saucepan of simmering water, combine the butter with the granulated sugar, corn syrup, orange and lemon zests and salt. Cook over moderate heat, whisking, until the butter melts and the sugar is dissolved, about 5 minutes. Fold in the almonds and macerated cherries, then fold in the flour.

3. Spoon nine 2-teaspoon-size mounds onto each baking sheet and spread them into 1½-inch rounds. Bake the florentines for 13 to 15 minutes, until deep golden brown. Let cool completely on the sheets.

4. Meanwhile, make the filling In a small bowl, toss the cherries with the Grand Marnier; let stand for 10 minutes. In a medium bowl, blend the ricotta with the mascarpone, cream, vanilla bean paste, salt and the 3 tablespoons of confectioners' sugar. Fold in the chocolate chips and soaked cherries.

5. For each stack, set a cookie on a plate and top with 2 tablespoons of the ricotta filling. Top with another cookie, another 2 tablespoons of filling and a final cookie. Repeat with the remaining cookies and filling to make 5 more stacks. Dust the stacks with confectioners' sugar and serve.

MAKE AHEAD The crispy florentine cookies can be stored in an airtight container overnight.

Honey-Roasted Carrots with Lemon-Ginger Vinaigrette, Mâche and Crispy Prosciutto

Total **45 min;** Serves **6 to 8**

This roasted carrot salad with prosciutto is a master class in how to use hardy vegetables like sunchokes, parsnips, cauliflower and carrots. It would make a fine starter or a light main course for four people.

1½ lbs. small carrots, scrubbed but not peeled
4 Tbsp. melted unsalted butter
Salt and pepper
3 Tbsp. honey
1 Tbsp. canola oil
4 thin slices of prosciutto (2 oz.)
1½ Tbsp. fresh lemon juice
1 tsp. finely grated peeled fresh ginger
¼ tsp. finely grated lemon zest
¼ tsp. finely grated lime zest
¼ cup extra-virgin olive oil
4 oz. mâche

1. Set a heavy large rimmed baking sheet in the oven and preheat to 500°. In a large bowl, toss the carrots with the melted butter and season with salt and pepper. Spread on the preheated baking sheet and roast for about 10 minutes, until just softened. Drizzle the honey over the carrots and roast for 5 minutes longer, until caramelized. Transfer the carrots to a platter.

2. Meanwhile, in a large skillet, heat the canola oil. Add the prosciutto in a single layer and cook over moderate heat, turning once, until browned and crisp, about 4 minutes. Transfer to a paper towel–lined plate to cool, then break into large pieces.

3. In a medium bowl, whisk the lemon juice with the ginger and lemon and lime zests. Gradually whisk in the olive oil and season the dressing with salt and pepper.

4. In a bowl, lightly toss the mâche and prosciutto with half of the dressing. Mound the salad on top of the carrots; serve right away, passing the remaining dressing at the table.

Quick-Cured Salmon with Salmon Cracklings

PAGE 89

Active **40 min;** Total **1 hr 30 min;** Serves **6**

This starter from chef Tom Douglas of Seattle's Hot Stove Society is an almost-instant take on gravlax that shows off the amazing local salmon. While the thinly sliced fillet gets a 30-minute cure in salt, sugar and Aleppo pepper, the skin is baked until it's as crisp as a potato chip.

¾ lb. center-cut skin-on salmon fillet
¾ cup sugar
3 Tbsp. Aleppo pepper
½ cup kosher salt, plus more for seasoning
Togarashi, for sprinkling
½ cup whole-milk yogurt
¼ cup chopped mint
Salmon roe, for serving

1. Line a large rimmed baking sheet with parchment paper. Using a sharp knife, carefully remove the salmon skin from the fillet and reserve. Thinly slice the salmon across the grain a scant ¼ inch thick.

2. In a medium bowl, whisk the sugar with the Aleppo pepper and the ½ cup of kosher salt. Spread half of the sugar mixture on the prepared baking sheet and arrange the salmon slices on top. Sprinkle the remaining sugar mixture evenly over the salmon and refrigerate until the fish is slightly firm, about 30 minutes.

continued on p. 116

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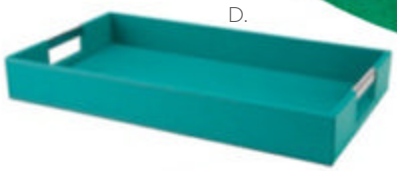
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QUICK-CURED SALMON *continued*

3. Meanwhile, preheat the oven to 325°. Spread the salmon skin on a parchment paper–lined baking sheet, silvery side up, and sprinkle with togarashi. Cover with a sheet of parchment paper and another baking sheet to keep the skin flat. Bake for 30 minutes, until crisp. Remove the top baking sheet and parchment paper and let the salmon crackling cool completely, then break into bite-size pieces.

4. Fill a large bowl with cold water. Rinse the cured salmon in the water, rubbing off the sugar mixture. Transfer the salmon to paper towels to drain; pat thoroughly dry.

5. In a small bowl, whisk the yogurt with the mint and season with salt. Arrange the salmon slices on plates or on a platter and garnish with the cracklings and roe. Serve with the mint yogurt.

MAKE AHEAD The salmon can be prepared through Step 4 and refrigerated overnight.

WINE Pair this clean and simple dish with a bright white wine like dry Riesling. Try one from the Pacific Northwest, like the 2013 Nine Hats or 2011 Brooks Willamette Valley.

The Big Come-Up

Total **5 min;** Makes **1 cocktail**

A riff on a classic dry martini, this drink from Hot Stove Society features a trio of Washington state ingredients, including bitters from Seattle's fantastic Scrappy's (scrappysbitters.com).

- **2 oz. Captive Spirits Big Gin**
- **1 oz. Chateau Ste. Michelle Eroica Riesling**
- **2 dashes of Scrappy's Orange Bitters**
- **Ice**
- **Orange peel, for garnish**

In a cocktail shaker, combine all of the ingredients except the garnish and stir until the drink is cold. Strain into a chilled cocktail glass and garnish with orange peel.

Roasted Winter Vegetables with Saffron Couscous

Total **50 min;** Serves **4 to 6**

In her class at New Jersey's Heirloom Kitchen, Rachel Nichols puts a twist on the traditional North African way of serving couscous by roasting vegetables in the oven instead of simmering them on the stove. This concentrates the vegetables' flavors and brings out their sweetness.

- **½ lb. sunchokes, scrubbed and cut into 2-inch pieces**
- **3 small carrots, cut crosswise into 2-inch lengths**
- **3 small parsnips, cut into 1½-inch pieces**
- **2 medium sweet potatoes, peeled and cut into 1½-inch pieces**
- **4 shallots, halved lengthwise**
- **¼ cup extra-virgin olive oil**
- **2 tsp. finely grated lemon zest**
- **¼ tsp. ground ginger**
- **¼ tsp. ground cinnamon**
- **¼ tsp. ground turmeric**
- **¼ tsp. crushed red pepper**
- **Kosher salt**
- **2¼ cups water**
- **½ cup dried currants**
- **1 bay leaf**
- **1 cup couscous**
- **2 Tbsp. unsalted butter**
- **⅛ tsp. saffron threads**
- **Chopped cilantro and pistachios, for garnish**

1. Preheat the oven to 400°. On a large rimmed baking sheet, toss the sunchokes, carrots, parsnips, sweet potatoes, shallots, olive oil, lemon zest, ginger, cinnamon, turmeric and crushed red pepper. Season generously with salt. Roast the vegetables for about 30 minutes, until tender and browned in spots.

2. Stir 1 cup of the water into the vegetables and scatter the currants and bay leaf on top. Roast for about 10 more minutes, until the currants are plump and the vegetables are saucy. Discard the bay leaf.

3. Meanwhile, put the couscous in a large heatproof bowl. In a small saucepan, bring the remaining 1¼ cups of water to a boil with the butter. Remove from the heat, add the saffron and a generous pinch of salt and let stand for 5 minutes. Bring the water back to a boil and pour it over the couscous. Cover the bowl with plastic wrap and let stand for 10 minutes. Fluff the couscous with a fork and season with salt.

4. Transfer the couscous to plates and spoon the roasted vegetables and their juices on top. Garnish with chopped cilantro and pistachios and serve.

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Apricot-Thyme-Glazed Roast Chicken

Active **20 min;** Total **1 hr 40 min;** Serves **4**

This chicken gets its sweet, slightly herbal flavor from the buttery glaze brushed on during the last 20 minutes of roasting.

- **½ cup dried apricots**
- **3 Tbsp. unsalted butter**
- **2 tsp. chopped thyme**
- **Kosher salt and pepper**
- **5 Tbsp. extra-virgin olive oil**
- **One 4-lb. whole chicken**
- **1 Meyer lemon, halved**
- **3 cups low-sodium chicken broth**

1. Preheat the oven to 450°. In a small bowl, cover the apricots with boiling water and let stand until softened, about 15 minutes. Drain the apricots; discard the water.

2. In a food processor, puree the apricots with the butter until smooth. Scrape into a small bowl, add the thyme and season with salt and pepper. Transfer ¼ cup of the apricot butter to another small bowl and whisk in 3 tablespoons of the oil to make a glaze.

3. Place the chicken on a rack set over a rimmed baking sheet. Season the cavity with salt and pepper. Squeeze the lemon halves all over the chicken, then stuff them in the cavity and tie the legs together with twine. Rub the remaining 2 tablespoons of oil all over the chicken and season with salt and pepper. Carefully pour the broth onto the baking sheet.

4. Roast the chicken for 35 minutes, until golden. Brush with half of the apricot glaze and roast for 10 minutes. Brush with the remaining glaze and roast for 5 to 10 minutes longer, until an instant-read thermometer inserted in the thigh registers 165°. Tilt the chicken to release the juices from the cavity, then transfer the chicken to a surface and let rest for 15 minutes.

5. Strain the juices into a bowl; skim off the fat. Season with salt and pepper. Carve the chicken and serve with the pan jus and remaining apricot butter.

continued on p. 117

Caramelized Endives and Leeks with Smoked Mozzarella

Total **30 min;** Serves **4**

Bitter endives can be impossible with wine, but when sautéed, braised and covered in oozy mozzarella, they're a terrific match for Chardonnay.

- **1 Tbsp. unsalted butter**
- **2 Tbsp. extra-virgin olive oil**
- **3 leeks (1½ lbs.), white and light green parts only, halved lengthwise**
- **Kosher salt and pepper**
- **3 endives (1 lb.), halved lengthwise**
- **3 garlic cloves, sliced**
- **5 thyme sprigs, plus thyme leaves for garnish**
- **1 cup low-sodium chicken broth**
- **¾ cup coarsely shredded smoked mozzarella cheese**

1. Preheat the broiler and position a rack 6 inches from the heat.

2. In a large, deep ovenproof skillet, melt the butter in 1 tablespoon of the olive oil. Add the leeks, season with salt and pepper and cook over moderate heat, turning, until golden, about 5 minutes. Add the remaining 1 tablespoon of olive oil along with the endives, garlic and thyme sprigs and cook, turning, until the endives are golden, about 3 minutes. Add the broth and bring to a simmer. Cover and cook, stirring occasionally, until the vegetables are almost tender, about 5 minutes. Uncover and cook until almost all of the broth has evaporated, about 3 minutes.

3. Discard the thyme sprigs. Sprinkle the cheese over the endives and leeks. Broil for 2 to 3 minutes, until the cheese melts. Garnish with thyme leaves and serve warm.

from p. 112



CHICKEN TAGINE *continued*

3. Strain the chicken cooking broth into a bowl; reserve the solids. In the pot, combine the solids with 8 cups of the broth. Add the chicken liver and the preserved lemon and bring to a boil. Cook over moderate heat until thickened to a loose, sauce-like consistency, about 30 minutes. Season with salt and pepper.

4. Meanwhile, preheat the oven to 425°. Rub the chicken all over with the oil. Roast for about 30 minutes, until golden and crisp. Let rest for 10 minutes before carving.

5. In a bowl, toss the olives with the harissa until evenly coated. Serve the chicken with the sauce, harissa olives and crusty bread.

WINE Full-bodied Rhône whites, made from Marsanne, Roussanne or Viognier, are superb with intensely savory roasts. Try the 2012 E. Guigal Côtes du Rhône Blanc or the 2013 Yves Cuilleron Les Vignes d'à Côté.

Fez-Style Roast Lamb Shoulder

Active **10 min;** Total **3 hr 45 min**
Serves **8**

Moroccans often serve spice-rubbed whole lamb that's been cooked for hours on a spit at major celebrations. Stevens created this simplified version: lamb shoulder that's rubbed with garlicky cumin butter, then roasted.

- **¼ tsp. saffron threads**
- **1 stick unsalted butter, at room temperature**
- **10 garlic cloves, crushed**
- **1 Tbsp. ground cumin, plus more for serving**
- **1 Tbsp. ground coriander**
- **1 tsp. ground turmeric**
- **1 tsp. ground ginger**
- **One 5-lb. bone-in lamb shoulder, fat scored at ½-inch intervals**
- **Kosher salt**
- **1 cup dry rosé wine or water**
- **Harissa, for serving**

1. Preheat the oven to 425°. In a small skillet, toast the saffron over low heat just until fragrant, 1 to 2 minutes. Transfer the saffron to a small bowl and crumble between your fingers. Add the butter, garlic, the 1 tablespoon of cumin, the coriander, turmeric and ginger and mix well.

2. Set the lamb in a large baking dish fat side up and rub all over with the spiced butter. Season with salt and roast for about 30 minutes, until the meat is golden brown. Reduce the oven temperature to 325°.

3. Add the rosé to the baking dish, cover with foil and roast for about 3 hours longer, basting occasionally, until the lamb is falling-off-the-bone tender. Transfer to a cutting board and let rest for 10 minutes. Carve and serve with harissa and cumin for dipping.

WINE Sicilian Nero d'Avola tends to have beautiful, exotic spice notes that make it a great match for this lamb. Look for the 2013 Tamí or the 2012 Case Ibidini from Valle dell'Acate.

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Moroccan Split Pea Soup with Sweet-Spiced Pickles

Active **20 min;** Total **1 hr 30 min**
Serves **4 to 6**

In Morocco, this soup is known as b'sarra; it's traditionally eaten for breakfast at stands that specialize in the dish. Stevens tops her version with pickles, which add wonderful tang.

- **2 Tbsp. extra-virgin olive oil**
- **1 large onion, finely chopped**
- **6 garlic cloves, thinly sliced**
- **2 tsp. ground cumin**
- **2 tsp. sweet paprika**
- **Kosher salt**
- **2 cups green split peas (14 oz.)**
- **½ cup finely chopped cilantro, plus leaves for garnish**
- **Sweet-Spiced Pickles, for garnish (recipe follows)**
- **Warm crusty bread, for serving**

1. In a saucepan, heat the oil. Add the onion and garlic and cook over moderately low heat, stirring, until softened and translucent, about 10 minutes. Stir in the cumin and paprika, season with salt and cook, stirring, until the spices are fragrant, about 2 minutes. Add the split peas and 8 cups of water and bring to a boil. Simmer, stirring, until the peas just start to soften, 20 minutes.

2. Add the chopped cilantro to the saucepan. Cover and cook over moderately low heat, stirring occasionally, until the peas are broken down and the soup is thick, about 40 minutes longer. Season with salt, garnish with pickles and cilantro and serve with crusty bread.

Sweet-Spiced Pickles

Total **15 min;** Makes **about 2 cups**

Stevens got the idea for this recipe after a trip to Relae, the innovative Copenhagen restaurant, where chef Christian Puglisi served pickled carrots with Champagne. Stevens's pickles are delicious with all kinds of dishes, including her roast lamb shoulder.

- **3 carrots, peeled and shaved into ribbons with a vegetable peeler**
- **4 radishes, thinly sliced**
- **½ Fresno or red jalapeño chile, thinly sliced**
- **6 Tbsp. sherry vinegar**
- **1 Tbsp. sugar**
- **1 tsp. salt**

In a heatproof bowl, combine the carrots, radishes and chile. In a small saucepan, cook the vinegar, sugar and salt over low heat, stirring, until the sugar dissolves. Let cool for 5 minutes. Pour the brine over the vegetables and serve.

MAKE AHEAD The pickles can be refrigerated for up to 2 weeks.

Baked Spring Vegetable Omelet with Goat Cheese and Mint

Active **30 min;** Total **1 hr 45 min**
Serves **4 to 6**

Stevens created this recipe spur-of-the-moment. "It was a way to use up a fridge full of eggs, goat cheese and mint the night before my family went on vacation," she says. "I always have mint in the fridge because my housekeeper, Rachida, thinks it's appalling if I don't."

- **2 Tbsp. extra-virgin olive oil, plus more for greasing**
- **¾ lb. asparagus, cut into 1-inch pieces**
- **1 medium white onion, thinly sliced**
- **2 zucchini, thinly sliced**
- **Kosher salt and pepper**
- **¾ cup thawed frozen peas**
- **8 oz. goat cheese, crumbled**
- **2 Tbsp. chopped mint**
- **12 large eggs**

1. Preheat the oven to 350°. Coat a 2½-quart baking dish with olive oil. In a medium saucepan of salted boiling water, blanch the asparagus until crisp-tender, about 2 minutes. Drain and cool under cold running water; drain well.

2. Meanwhile, in a large skillet, heat the 2 tablespoons of oil. Add the onion and zucchini and season with salt and pepper. Cook over moderate heat, stirring, until softened, 8 to 10 minutes. Stir in the peas and asparagus until heated through. Transfer the vegetables to a paper towel–lined plate to drain and let cool slightly. Spread the vegetables in the prepared baking dish. Scatter the goat cheese and mint on top.

3. In a bowl, beat the eggs until light and fluffy, about 3 minutes. Pour the eggs over the vegetables and bake for 40 to 45 minutes, until golden and set. Let cool for 30 minutes, then serve.

WINE Pair this omelet with a lively, crisp white wine like Pinot Grigio from northern Italy's Friuli region. Try the 2013 Borgo M or the 2013 Alois Lageder Riff.

Roast Leg of Lamb with Hemp Seed Pesto

PAGE 120

Active **45 min;** Total **4 hr 15 min plus overnight marinating;** Serves **8 to 10**

High-protein hemp seeds add nutty flavor to the pesto that accompanies this delicious yogurt-glazed lamb.

LAMB

- **½ cup full-fat plain Greek yogurt**
- **6 garlic cloves, minced**
- **3 Tbsp. fresh lemon juice**
- **2 Tbsp. minced rosemary**
- **2 Tbsp. extra-virgin olive oil**
- **Kosher salt and pepper**
- **One 6-lb. whole bone-in leg of lamb, excess fat trimmed**
- **Lemon wedges, for serving**

PESTO

- **1¾ cups each lightly packed basil and parsley leaves**
- **2 garlic cloves, crushed**
- **1 Tbsp. fresh lemon juice**
- **Salt**
- **½ cup extra-virgin olive oil**
- **½ cup hulled hemp seeds**
- **Pepper**

1. Prepare the lamb In a bowl, whisk the yogurt with the garlic, lemon juice, rosemary, olive oil and 1 tablespoon each of salt and pepper. Rub the mixture all over the lamb and set on a large rimmed baking sheet. Cover with plastic wrap and refrigerate overnight. Let the lamb stand at room temperature for 1 hour before roasting.

2. Preheat the oven to 375°. Season the lamb lightly with salt and pepper and roast for about 1 hour and 50 minutes, until an instant-read thermometer inserted in the thickest part of the meat registers 140°. Transfer to a carving board and let rest for 30 minutes.

3. Make the pesto In a food processor, pulse the basil, parsley, garlic and lemon juice with a pinch of salt until minced. With the machine on, gradually add the olive oil until incorporated. Scrape the pesto into a bowl and stir in the hemp seeds. Season with salt and pepper. Carve the lamb and serve with the pesto and lemon wedges.

WINE Berry-rich, herb-scented Spanish Garnacha: 2012 Joan d'Anguera Garnatxa.

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DID YOU KNOW?

Before he became a chef, Michael Schwartz went to school to be a jewelry designer.

MICHAEL SCHWARTZ'S ROAST LAMB WITH HEMP SEED PESTO

SINCE HE OPENED MICHAEL'S GENUINE eight years ago, Michael Schwartz hasn't worried whether body-conscious Miamians will eat his lamb meatball pizzas and sweet-spicy pork belly—he's just served them. A best seller when it's on the menu is his leg of lamb marinated in garlic-lemon yogurt; as the meat roasts, the yogurt chars to form a delicious, sticky crust (p. 119). Alongside, Schwartz offers a bright green pesto spiked with an unusual addition: hemp seeds. "People get excited about hemp seeds because they're so healthy," he says. "To me, they just taste good." He'll serve a version of the lamb at his upcoming waterfront restaurant in Miami's Paraiso Bay, opening in the next year. The menu will be a little healthier, he says: "Less carbs." —KATE KRADER

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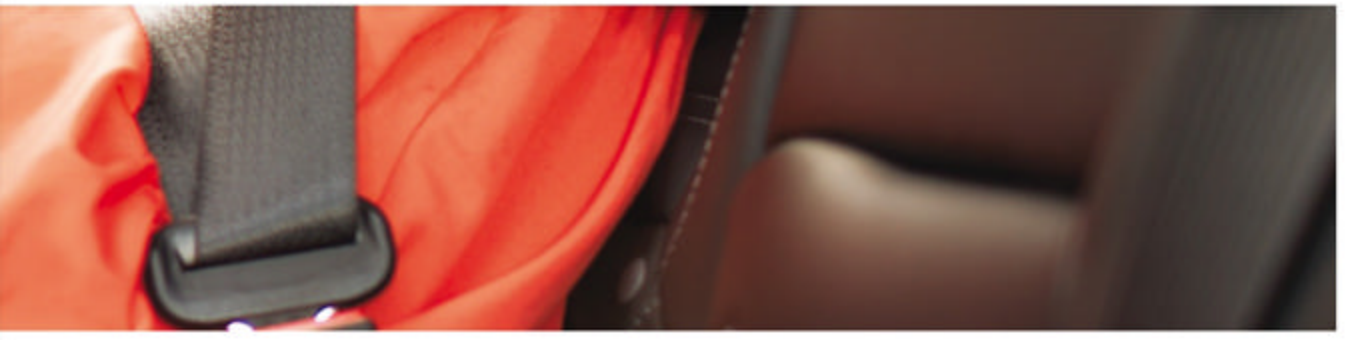
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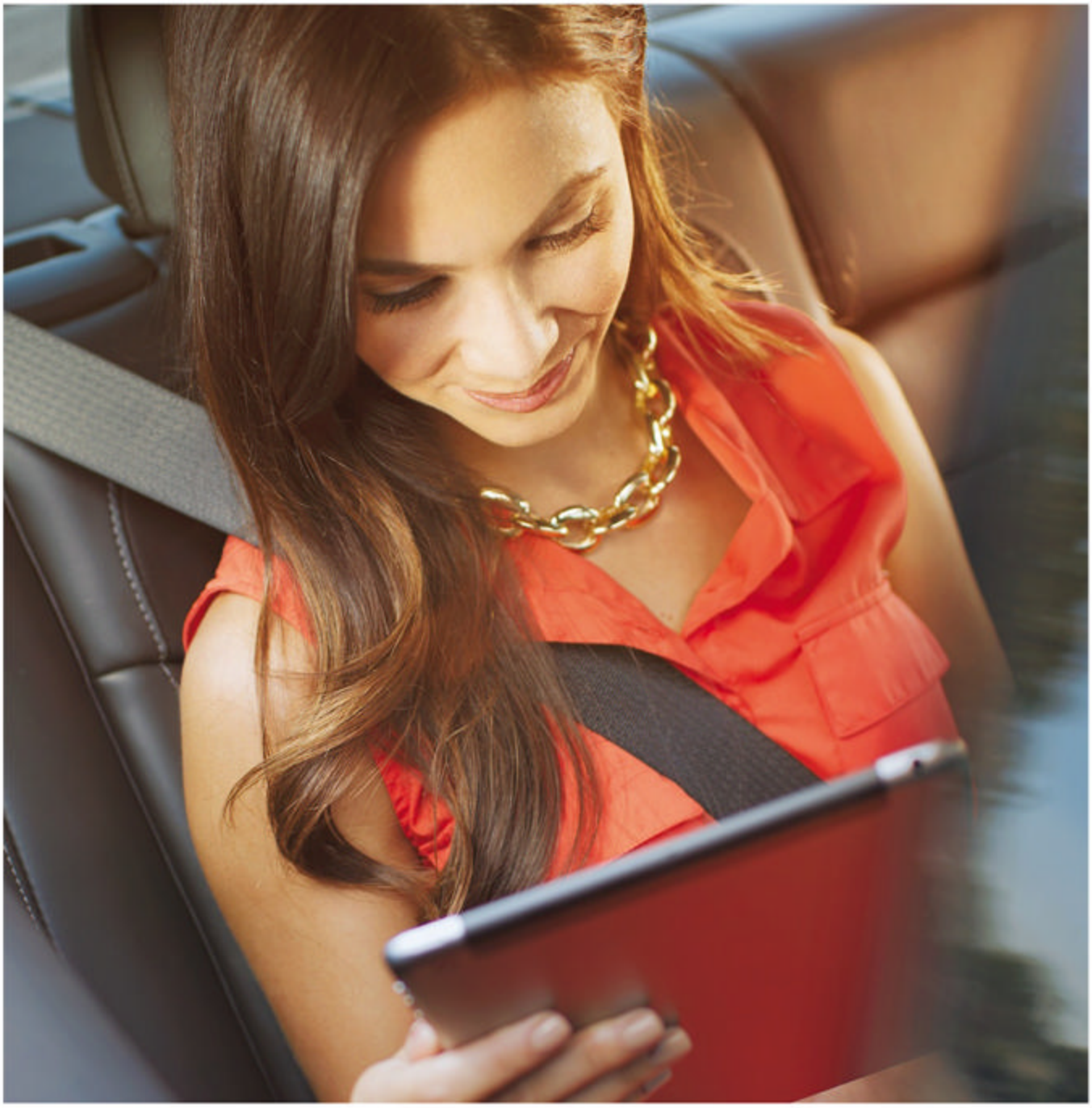
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